

YANKEE MAGAZINES

New England Church Supper COOKBOOK



**YANKEE's
New England Church Supper
Cookbook**

Book Design:

Brenda Ellis

Graphic Sense, Jaffrey, NH

Editor:

Rose Thibault

Cover:

'Early Evening'

a poem by Kathleen Rosey

East Sullivan, NH

INTRODUCTION

They can take the form of a ham and bean supper, a spaghetti supper, or pancake breakfast served in a school cafeteria, a church basement or a town hall — whatever the menu or the venue, church suppers consistently serve up traditional, tasty New England fare.

Decidedly down to earth, church suppers do more than offer townsfolk a hearty meal and a few hundred dollars for a worthy cause. They provide an excuse for the whole community to come together, teens and great-grandmothers, shopkeepers and doctors, conservatives and liberals, in a place where their differences seem to fade and they have a chance to just relax, catch up on each other's lives and share a good meal. Breaking bread together seems to help keep a town together. The event also helps to preserve a sense of tradition in a community, a reminder of a common past and a future held together by an event at which the faces change as the decades pass, but tradition is passed on. It is traditions like these that help towns weather the pressures that sometimes threaten to tear them apart.

We don't know when they started, but they've been around as long as anyone around here can remember. The annual appearance of a sign at the front of the church announcing the event is a comforting sight, a reminder that some things don't ever really change, and like spring, the church supper will return year after year.

We have created this cookbook, excerpted from our recently published, *Yankee's Church Supper and Pot Luck Dinner Cookbook*, (Villard Books, available in book stores everywhere), to make sure that in this age of couch potatoes and Internet chat rooms, we don't lose something important: the tradition and friendliness provided by the traditional New England church supper. This book contains some of our favorites from church groups all over New England, and we've also included a chapter of classic church supper fare in quantities to feed a crowd. We've also included tips for putting on a successful church supper (in case you find yourself wanting to start or restart the tradition in your community and you have no one to teach you the ropes). And a table to help you calculate how much soup, spaghetti sauce and coffee you'll need to prepare.

So put on your aprons and cook up a tradition. Bon appetit!

TABLE OF CONTENTS

Soups, Chowders & Stews

Main Dishes: Minestrone	4
Spaghetti (Vegetable) Soup	5
Fruit Bean Soup	6
Deluxe Black Bean Soup	6
Zucchini Tomato Soup	7
Cold Strawberry Soup	8
Cream of Broccoli Soup	8
Vegetable Chowder	9
Simple Fish Chowder	12
Seafood Chowder	10
Pestilach Potato Soup	11
English Brown Stew	12
Shepherd's Stew	13

Salads & Dressings

Mary's Spinach Salad	14
Seven-Layer Salad	14
Bronzini Salad	15
Marinated Vegetables	16
Portato Salad	16
Hut German Potato Salad	17
Italian-Style Pasta Salad	18
Chicken Salad	18
Quick and Easy Salad Dressing	19

Vegetarian Main Dishes

Salad Pie	20
Italian Zucchini Crescent Pie	21
Fresh Tomato Pie	22
Broccoli Quiche	22
Vegetable Cheese Baker	23

Main Dishes with Fish & Shellfish

Venison with White Clam Sauce	24
Salmon with Butter Sauce	25
Quick and Easy Salmon Farce	26
Scallops in Wine Sauce	26
Marinated Scallops	27
Baked Scallops	28
Lobster Newburg	28
Shrimp Crostini	29
Shrimp Casserole	29

Main Dishes with Chicken & Turkey

Special Roasted Chicken	30
Chicken and Rice Loaf	31
French Chicken	32
Terraki-Lemon Chicken	32
Chicken Hawaiian	33
Savory Buttermilk Chicken	34
Turkey-Almond Casserole	34
Wild Rice and Turkey Casserole	35

Main Dishes with Meat

Pork Chops	16
Island Teriyaki	17
Swedish Meatballs	17
Italian Shells	18
Beef 'N' Biscuit Casserole	18
Seven-Layer Dinner	19
Sweet-and-Sour Meatballs	20
Chinese Rice	20
Ruth's Lasagna	21
Barbecued Meat Loaves	21
Apple-Glazed Pork Tenderloin	21
Shredded Potato and Ham Pie	21
Cranberry Pork Chops	21
Hot Peppered Lamb	21
Meat Pie	21

Vegetables & Side Dishes

Green Beans Vinaigrette	45
Nutty Brussels Sprouts	47
Creamed Carrots	47
Curried Carrots	48
Scalloped Sprouts	48
Baked Summer Squash	49
Maple-Nut Winter Squash	49
Golden Potato Squares	50
Orange-Glazed Sweet Potatoes	50
Zucchini Provincial	50

Breads & Muffins

Dill Bread	52
Swedish Rye Bread	53
Super Bean Bread	54
Double Corn Bread	54
Strawberry Bread	55
Cardamom Coffee Bread	56
Apple-Ginger Quick Bread	57
The Best Fruit Muffins	58
Zucchini Cinnamon Muffins	58
Maple Syrup Bran Muffins	59

Recipes to Feed a Crowd

Crockpot Cakes for 50	80
Jane's Bridalmaid Salad	80
Cole Slaw for 24	81
Corn Chowder	81
Fruit Bread Pudding	82
Cheese Brats	82
Quick Chocolate Cake	83
Melt-in-Cream Souce	83

Helpful Tips for Putting on a Successful, Traditional New England Church Supper

Soups, Chowders & Stews

Main Dish Minestrone

Yield: 6 to 8 servings

Adapted from a recipe by JEAN CAROL, ST. BRUNO AND OCTOBER E. WEBER'S COTTAGE,
COLDHORN, NEW HAMPSHIRE

A flavorful soup, made mostly from ingredients already on the kitchen shelf. Serve with a fresh, crusty bread for a hearty meal.

- 1 tablespoon olive oil
- 1/2 pound sweet or hot Italian sausage, crumbled
- 1 large onion, chopped
- 1 garlic clove, minced
- 1/2 cup chopped celery
- 1/2 cup chopped carrot
- 1/2 cup chopped green bell pepper
- 1 can (16 ounces) whole tomatoes
- 4 cups chicken stock or broth
- 2 cups shredded cabbage
- 2 tablespoons chopped fresh parsley
- 1/2 teaspoon dried basil
- 1 bay leaf
- pinch dried thyme
- 1/2 cup uncooked elbow macaroni
- 1 cup cooked kidney beans
- freshly grated Parmesan cheese (optional)

In a large saucepan or stockpot, heat the oil. Add the sausage and cook until browned. Drain off all but 1 tablespoon of the fat. Add the onion, garlic, celery, carrot, and green pepper and sauté until the vegetables are soft, about 5 minutes. Add the tomatoes with their liquid, chicken stock, cabbage, and herbs. Bring to a boil, cover, and simmer for 30 minutes. Add the macaroni and beans and cook until the macaroni is tender, about 30 minutes. Remove the bay leaf before serving. Sprinkle each serving with Parmesan cheese, if desired.

Solianka (Fish Soup)

Yield: 6 to 8 servings

P.W. ALEXANDER, M.D., BIRCHWOOD HISTORICAL SOCIETY, BIRCHWOOD, NEW HAMPSHIRE

This soup can be served either slightly warm or piping hot — great for parties at any time of year.

- 2 cups chopped onions
- 1 bay leaf
- 2 to 3 springs fresh parsley
- 3 teaspoons salt
- 6 cups water
- 2-1/2 pounds salmon steaks (or substitute halibut or haddock)
- 4 to 6 tablespoons (1/2 to 3/4 stick) butter
- 2 medium-size cucumbers, peeled, halved, seeded, and chopped into 1/2-inch cubes
- 4 tomatoes, peeled, seeded, and coarsely chopped
- 1 quart clam juice or other fish broth
- 1/2 teaspoon white pepper
- 2 tablespoons chopped black olives, rinsed
- 2 tablespoons chopped fresh parsley, fennel, or cilantro
- 20 pitted black olives
- 1 lemon, thinly sliced

In a large saucepan or stockpot, combine 1 cup of the chopped onions, bay leaf, parsley, salt, and water. Cover and bring to a boil over high heat. Add the fish. Reduce the heat and simmer, uncovered, for about 6 minutes, or until the fish is firm to the touch. Remove the fish and cut into 1-inch chunks. Strain the broth through a fine sieve, pressing down on the onions to extract all the juice. Set aside.

Wipe out the saucepan and melt the butter in the pan. Add the remaining 1 cup of chopped onions and sauté until the onions are soft but not brown, about 5 minutes. Then add the cucumbers and tomatoes and simmer for about 10 minutes. Add the reserved fish broth and the 1 quart clam broth or other fish broth, along with the remaining ingredients. Simmer for about 15 minutes. Then add the fish and continue simmering until the fish is warmed through. Serve hot or warm.

Fruit Root Soup

Yield: 6 servings

Karen Carlson, Harrison's Creek Elementary, Pittsford, New York

Inspired by a traditional Finnish recipe, this soup is delicious served either as an appetizer or as a main course with a hearty dark bread and a dairy cheese.

- 2 tablespoons olive oil
- 1 medium-size onion, chopped
- 5 medium-size parsnips, peeled and sliced
- 4 to 5 medium-size carrots, sliced
- 1 sweet potato, peeled and sliced
- 1 ripe pear, peeled, cored, and chopped
- 2 cans (14 ounces each) chicken or vegetable broth
- 2 cups water
- 1/2 cup white wine or apple cider (or juice)
- 1 teaspoon black pepper
- 1/4 teaspoon ground cloves
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon ground ginger
- 1/4 teaspoon ground cumin

In a large soup pot or stockpot, heat the olive oil over medium-high heat. Add the onion, parsnips, carrots, sweet potato, and pear, and sauté for 10 to 15 minutes. Add the broth, water, wine, and all the spices. Simmer for 20 minutes. Let cool slightly, then puree in a food processor or blender until smooth. Serve hot.

Dorset Black Bean Soup

Yield: 8 to 10 servings

Patty Gammie, Dorset Elementary School, Dorset, Vermont

A good soup that's low in fat.

- 1 pound dry black beans
- 6 cups defatted chicken, vegetable, or ham broth
- 1 bay leaf
- 1 large or 2 medium-size onions, chopped
- 1 celery stalk, including leaves, chopped
- 2 green bell peppers, chopped
- 1 large tomato, peeled and chopped
- 1 to 3 garlic cloves, minced

(continued)

- 6 serrano chili peppers (or to taste)**
- 1 can (6 ounces) tomato paste**
- 1/4 teaspoon hot pepper sauce**
- 1/4 teaspoon black pepper**
- 2 tablespoons Worcestershire sauce**
- lemon slices, to garnish**

Wash the beans. Combine with water to cover in a large saucepan or stockpot and soak overnight.

The next morning, drain the beans. Combine the beans with 2 cups water, the broth, and the bay leaf. Bring to a boil, then reduce the heat and simmer for 1-1/2 hours. Add the remaining ingredients, except the lemon slices, and simmer for 2 hours.

Remove the bay leaf. Blend the soup in a blender for a smooth soup or mash the beans with a potato masher for a chunky soup. Serve hot, garnishing each bowl with a slice of lemon.

Zucchini-Potato Soup

Yield: 8 servings

CORI LAROCHE, ASIAN GROUP OF WOMEN'S COUNTRY KITCHENS, BAGUIO, ALBAY, MARILAO, SAN JUAN

Very different, very flavorful and very good — a big hit even with those who aren't normally fond of soup.

- 5 cups chicken broth**
- 1 pound zucchini (4 small), thinly sliced**
- 1 large potato, thinly sliced**
- 1 large onion, thinly sliced**
- 3 eggs**
- 2 tablespoons lemon juice**
- salt and pepper to taste**

In a large saucepan, bring the broth to a boil. Add the zucchini, potato, and onion. Reduce the heat and simmer, covered, for 15 minutes.

In a small bowl, beat the eggs. Add the lemon juice and 1/2 cup of the broth. Stir into the soup. Increase the heat to medium and heat for one minute, stirring constantly; do not boil. Season to taste with salt and pepper and serve immediately. Note: be sure to follow the directions carefully when adding the eggs and lemon juice; otherwise the mixture is likely to curdle.

Cold Strawberry Soup

Yield: 8 to 10 servings

CHARLES MELLER, ST. PETER'S EVANGELICAL CHURCH, WILMINGTON, MASSACHUSETTS

Cool and refreshing — this soup is a winner during strawberry season.

- 2 quarts fresh strawberries
- 1 cup white sugar
- 2 cups water
- 1/4 cup fresh lemon juice
- grated zest of 1 lemon
- 2 cups Rhine wine

In a food processor or blender, puree the berries. Set aside.

In a small saucepan, combine the sugar and water. Boil for 10 minutes to make a sugar syrup. Cool.

Add the berries to the cooled syrup. Stir in the lemon juice and zest. Chill well. Just before serving, stir in the wine.

Cream of Broccoli Soup

Yield: 8 to 10 servings

NATHALIE MUNROE, NEW ENGLAND HISTORIC CHURCH SOCIETY,
BOSTON, MASSACHUSETTS

A wonderful lunch when served with an herb bread and a fruit dessert, this non-potato soup has plenty of flavor and plenty of texture. If you prefer an even stronger flavor, try substituting a sharper variety for all or part of the cheese.

- 6 cups water
- 16 ounces fresh or frozen chopped broccoli
- 3/4 cup finely chopped onion
- 2 cups shredded American cheese
- 2 teaspoons salt
- 2 teaspoons white pepper
- 1 teaspoon garlic powder
- 1 cup milk
- 1 cup light cream
- 1/4 cup butter
- 1/2 cup cold water
- 1/3 cup all-purpose white flour

(continued)

Serving suggestion:

1

Vegetable Chowder

Serves 4 to 6 | Preparation time: 15 minutes | Cooking time: 15 minutes

- 2 cups diced and peeled potatoes
- 1 cup diced celery
- 1 onion (1/2 lb.) diced, or 1 tablespoon dried onion
- 2 teaspoons salt
- 3 cups water
- 1 1/4 cup (1/2 stick) butter or margarine
- 1 1/4 cup all-purpose white flour
- 1 teaspoon dry mustard
- 3 cups milk
- 1 tablespoon steak sauce
- 4 slices American cheese, diced
- 1 can (28 ounces) tomatoes, chopped
- pepper to taste

10 15 20 25 30 35

10 15 20 25 30 35

10 15 20 25 30 35

10 15 20 25 30 35

10 15 20 25 30 35

10 15 20 25 30 35

10 15 20 25 30 35

10 15 20 25 30 35

10 15 20 25 30 35

10 15 20 25 30 35

10 15 20 25 30 35

10 15 20 25 30 35

Baked Fish Chowder

Yield: 4 to 6 servings

A quick and easy chowder made in the oven.

- 1 pound haddock or cod, cut in bite-size pieces
- 1 pound scallops
- 3 cups diced peeled potatoes or 8 small unpeeled red potatoes, diced
- 1 medium-size onion, sliced
- 1/4 cup white wine
- 2 cups water
- 1/4 cup (1/2 inch) butter
- 1/4 cup all-purpose white flour
- 2 cups light cream or milk
- salt, pepper and garlic powder to taste

Preheat the oven to 350° F.

Delightfully

Seafood Chowder

Yield: 4 to 6 servings

Smart Points: 12

- 3 slices bacon
- 1 onion, chopped
- 4 to 5 medium-size potatoes, peeled and diced
- 1 teaspoon salt
- 1/2 cup
- 3/4 pound haddock or other firm white fish or 8 to 10 ounces imitation crab meat, cut in bite-size pieces

2 cans (6-7 ounces each) tiny shrimp
drained and rinsed
2 cans (6-7 ounces each) chopped clams
2 cans (3-2 ounces ea. h.) evaporated milk
1 teaspoon dried basil
1 teaspoon dried thyme
1/4 teaspoon chopped fresh parsley
salt and pepper to taste

1	2	3	4	5	6	7	8	9	10	11	12
h	o	o	d	p							
h	o	o	d	p							
h	o	o	d	p							
h	o	o	d	p							

Reuben Sandwich

Reuben Sandwich - 1944 - 100% participation

1/2 lb. rye bread - 1/2 lb. sauerkraut

Follows meal plan given for main ingredients

1/2 to 1 pound green cabbage - cut in bite size pieces
1 green bell pepper chopped
2 celery stalks, chopped
2 medium size onions, chopped
1 can (16 ounces) tomatoes, with liquid, chopped
3 bouillon cubes
1 teaspoon celery seeds
1 teaspoon dried basil
2 teaspoons dried oregano
1/2 teaspoon garlic powder
2 or more quarts water
salt and pepper to taste
2 cups diced cooked turkey or beef

1	2	3	4	5	6	7	8	9	10	11	12
h	o	o	d	p							
h	o	o	d	p							
h	o	o	d	p							
h	o	o	d	p							

English Brown Stew

Yield: 6 to 8 servings

Chilling meat before browning

- 2 pounds London broil, cubed
- 2 large onions, diced
- 2 large potatoes, peeled and diced
- 3 carrots, diced
- 3 to 4 stalks celery, chopped
- 2 garlic cloves, minced
- 1 cup tomato juice or 1 tablespoon tomato paste
- 1 tablespoon Worcestershire sauce
- 2 tablespoons lemon juice
- 2 tablespoons white sugar
- 1 tablespoon ground allspice
- 1 tablespoon mild paprika
- 3 tablespoons beef fat or 2 tablespoons vegetable oil
- 3 tablespoons all-purpose white flour
- salt and pepper to taste

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100	101	102	103	104	105	106	107	108	109	110	111	112	113	114	115	116	117	118	119	120	121	122	123	124	125	126	127	128	129	130	131	132	133	134	135	136	137	138	139	140	141	142	143	144	145	146	147	148	149	150	151	152	153	154	155	156	157	158	159	160	161	162	163	164	165	166	167	168	169	170	171	172	173	174	175	176	177	178	179	180	181	182	183	184	185	186	187	188	189	190	191	192	193	194	195	196	197	198	199	200	201	202	203	204	205	206	207	208	209	210	211	212	213	214	215	216	217	218	219	220	221	222	223	224	225	226	227	228	229	230	231	232	233	234	235	236	237	238	239	240	241	242	243	244	245	246	247	248	249	250	251	252	253	254	255	256	257	258	259	260	261	262	263	264	265	266	267	268	269	270	271	272	273	274	275	276	277	278	279	280	281	282	283	284	285	286	287	288	289	290	291	292	293	294	295	296	297	298	299	300	301	302	303	304	305	306	307	308	309	310	311	312	313	314	315	316	317	318	319	320	321	322	323	324	325	326	327	328	329	330	331	332	333	334	335	336	337	338	339	340	341	342	343	344	345	346	347	348	349	350	351	352	353	354	355	356	357	358	359	360	361	362	363	364	365	366	367	368	369	370	371	372	373	374	375	376	377	378	379	380	381	382	383	384	385	386	387	388	389	390	391	392	393	394	395	396	397	398	399	400	401	402	403	404	405	406	407	408	409	410	411	412	413	414	415	416	417	418	419	420	421	422	423	424	425	426	427	428	429	430	431	432	433	434	435	436	437	438	439	440	441	442	443	444	445	446	447	448	449	450	451	452	453	454	455	456	457	458	459	460	461	462	463	464	465	466	467	468	469	470	471	472	473	474	475	476	477	478	479	480	481	482	483	484	485	486	487	488	489	490	491	492	493	494	495	496	497	498	499	500	501	502	503	504	505	506	507	508	509	510	511	512	513	514	515	516	517	518	519	520	521	522	523	524	525	526	527	528	529	530	531	532	533	534	535	536	537	538	539	540	541	542	543	544	545	546	547	548	549	550	551	552	553	554	555	556	557	558	559	560	561	562	563	564	565	566	567	568	569	570	571	572	573	574	575	576	577	578	579	580	581	582	583	584	585	586	587	588	589	590	591	592	593	594	595	596	597	598	599	600	601	602	603	604	605	606	607	608	609	610	611	612	613	614	615	616	617	618	619	620	621	622	623	624	625	626	627	628	629	630	631	632	633	634	635	636	637	638	639	640	641	642	643	644	645	646	647	648	649	650	651	652	653	654	655	656	657	658	659	660	661	662	663	664	665	666	667	668	669	670	671	672	673	674	675	676	677	678	679	680	681	682	683	684	685	686	687	688	689	690	691	692	693	694	695	696	697	698	699	700	701	702	703	704	705	706	707	708	709	710	711	712	713	714	715	716	717	718	719	720	721	722	723	724	725	726	727	728	729	730	731	732	733	734	735	736	737	738	739	740	741	742	743	744	745	746	747	748	749	750	751	752	753	754	755	756	757	758	759	760	761	762	763	764	765	766	767	768	769	770	771	772	773	774	775	776	777	778	779	780	781	782	783	784	785	786	787	788	789	790	791	792	793	794	795	796	797	798	799	800	801	802	803	804	805	806	807	808	809	810	811	812	813	814	815	816	817	818	819	820	821	822	823	824	825	826	827	828	829	830	831	832	833	834	835	836	837	838	839	840	841	842	843	844	845	846	847	848	849	850	851	852	853	854	855	856	857	858	859	860	861	862	863	864	865	866	867	868	869	870	871	872	873	874	875	876	877	878	879	880	881	882	883	884	885	886	887	888	889	890	891	892	893	894	895	896	897	898	899	900	901	902	903	904	905	906	907	908	909	910	911	912	913	914	915	916	917	918	919	920	921	922	923	924	925	926	927	928	929	930	931	932	933	934	935	936	937	938	939	940	941	942	943	944	945	946	947	948	949	950	951	952	953	954	955	956	957	958	959	960	961	962	963	964	965	966	967	968	969	970	971	972	973	974	975	976	977	978	979	980	981	982	983	984	985	986	987	988	989	990	991	992	993	994	995	996	997	998	999	1000	1001	1002	1003	1004	1005	1006	1007	1008	1009	1010	1011	1012	1013	1014	1015	1016	1017	1018	1019	1020	1021	1022	1023	1024	1025	1026	1027	1028	1029	1030	1031	1032	1033	1034	1035	1036	1037	1038	1039	1040	1041	1042	1043	1044	1045	1046	1047	1048	1049	1050	1051	1052	1053	1054	1055	1056	1057	1058	1059	1060	1061	1062	1063	1064	1065	1066	1067	1068	1069	1070	1071	1072	1073	1074	1075	1076	1077	1078	1079	1080	1081	1082	1083	1084	1085	1086	1087	1088	1089	1090	1091	1092	1093	1094	1095	1096	1097	1098	1099	1100	1101	1102	1103	1104	1105	1106	1107	1108	1109	1110	1111	1112	1113	1114	1115	1116	1117	1118	1119	1120	1121	1122	1123	1124	1125	1126	1127	1128	1129	1130	1131	1132	1133	1134	1135	1136	1137	1138	1139	1140	1141	1142	1143	1144	1145	1146	1147	1148	1149	1150	1151	1152	1153	1154	1155	1156	1157	1158	1159	1160	1161	1162	1163	1164	1165	1166	1167	1168	1169	1170	1171	1172	1173	1174	1175	1176	1177	1178	1179	1180	1181	1182	1183	1184	1185	1186	1187	1188	1189	1190	1191	1192	1193	1194	1195	1196	1197	1198	1199	1200	1201	1202	1203	1204	1205	1206	1207	1208	1209	1210	1211	1212	1213	1214	1215	1216	1217	1218	1219	1220	1221	1222	1223	1224	1225	1226	1227	1228	1229	1230	1231	1232	1233	1234	1235	1236	1237	1238	1239	1240	1241	1242	1243	1244	1245	1246	1247	1248	1249	1250	1251	1252	1253	1254	1255	1256	1257	1258	1259	1260	1261	1262	1263	1264	1265	1266	1267	1268	1269	1270	1271	1272	1273	1274	1275	1276	1277	1278	1279	1280	1281	1282	1283	1284	1285	1286	1287	1288	1289	1290	1291	1292	1293	1294	1295	1296	1297	1298	1299	1300	1301	1302	1303	1304	1305	1306	1307	1308	1309	1310	1311	1312	1313	1314	1315	1316	1317	1318	1319	1320	1321	1322	1323	1324	1325	1326	1327	1328	1329	1330	1331	1332	1333	1334	1335	1336	1337	1338	1339	1340	1341	1342	1343	1344	1345	1346	1347	1348	1349	1350	1351	1352	1353	1354	1355	1356	1357	1358	1359	1360	1361	1362	1363	1364	1365	1366	1367	1368	1369	1370	1371	1372	1373	1374	1375	1376	1377	1378	1379	1380	1381	1382	1383	1384	1385	1386	1387	1388	1389	1390	1391	1392	1393	1394	1395	1396	1397	1398	1399	1400	1401	1402	1403	1404	1405	1406	1407	1408	1409	1410	1411	1412	1413	1414	1415	1416	1417	1418	1419	1420	1421	1422	1423	1424	1425	1426	1427	1428	1429	1430	1431	1432	1433	1434	1435	1436	1437	1438	1439	1440	1441	1442	1443	1444	1445	1446	1447	1448	1449	1450	1451	1452	1453	1454	1455	1456	1457	1458	1459</

Josephine's Stew

Yield: 8 servings

Quick and easy to prepare and very good, too.

- 1 pound sweet or hot Italian sausage, sliced
- 1 large onion, chopped
- 6 potatoes, peeled and diced
- 1 cup sliced celery, including leaves
- 2 cans (16 ounces each) whole tomatoes
- 1/4 cup chopped fresh parsley
- 1 1/2 cups beef broth or stock (or 2 beef bouillon cubes dissolved in 1 1/2 cups water)
- 1 bay leaf
- 1/2 teaspoon dried thyme
- 1/4 teaspoon pepper
- Juice of 1 lemon (optional)
- Salt to taste

C	N	O	P
0	5	0	0
0	0	0	0
0	0	0	0

Salads & Dressings

Mary's Spinach Salad

MAKES ENOUGH FOR 6-8 SERVINGS

Salad:

- 1 pound spinach
- 1/2 onion, thinly sliced
- 1 carrot, grated
- 2 hard-boiled eggs, quartered
- 5 slices bacon, fried crisp and crumbled
- 1 to 2 cups croutons

Dressing:

- 1/2 cup honey
- 1/4 cup water
- 1/4 cup cider vinegar
- 1/4 cup ketchup
- 2 tablespoons minced onion
- 1 teaspoon Worcestershire sauce

the salad and toss to mix.

Seven-Layer Salad

MAKES ENOUGH FOR 12 SERVINGS

100 CALORIES PER SERVING

- 1 head lettuce, torn in bite-size pieces
- 1 cup diced green bell pepper
- 1 cup chopped celery
- 1 cup diced onion

Seven-Layer Salad (continued)

- package 9 ounces frozen peas, thawed
- 2 cups mayonnaise or salad dressing
- 1 pt. mayonnaise white sugar
- 6 slices bacon fried crisp and crumbled
- 3-4 cup grated Cheddar cheese

and refrigerate for 2 hours before serving.

Broccoli Salad

Yield: 8 to 10 servings

- 4 cups broccoli florets
- 4 hard-boiled eggs, thinly sliced
- 1-2 cup (or more) thinly sliced onion
- 10 slices bacon fried crisp and crumbled
- 1 cup mayonnaise
- 1/4 cup white sugar
- 3 tablespoons vinegar

Protein	Sodium	Calories	Dinner	Breakfast	Snack	Supper	Light meal
4 oz. 1% milk	100 mg	100	0.4	0.1	0.1	0.1	0.1
4 eggs	100 mg	100	0.4	0.1	0.1	0.1	0.1
1/4 cup onions	10 mg	10	0.1	0.1	0.1	0.1	0.1
1/4 cup bacon	100 mg	100	0.4	0.1	0.1	0.1	0.1
1/4 cup mayonnaise	100 mg	100	0.4	0.1	0.1	0.1	0.1
1/4 cup sugar	10 mg	10	0.1	0.1	0.1	0.1	0.1
3 tbs. vinegar	10 mg	10	0.1	0.1	0.1	0.1	0.1

Canned Vegetables

3. THEORETICAL FOUNDATIONS

4.1. Mechanical forces in the technique

- 1-2 head cauliflower, in small pieces
2 cups bite-size broccoli florets and stems
2 carrots, sliced
2 celery stalks, sliced 1 inch thick
1 small onion, sliced
1 green bell pepper, cubed
3/4 to 1 cup stuffed green olives or pitted black olives
~~oranges~~
3/4 cup white or wine vinegar
1/2 cup salad oil
3 tablespoons white sugar
1 teaspoon salt
1/2 teaspoon pepper
1-2 teaspoons dried oregano or mixed salad herbs
1/4 cup water**

Potato Salad

3.2.1. Wavelength

λ_{DP} = 0.5, $\mu_{\text{DP}} = 0$, $\sigma_{\text{DP}} = 0$

- 8 cups cubed cooked potatoes
1 1/2 cups chopped celery
6 hard-boiled eggs, chopped
2/3 cup chopped radishes
1/2 cup chopped scallions

www.Roku.com/15

- 1 cup** chopped green bell pepper
1 teaspoon salt
dash pepper
1-1 1/2 cups Miracle Whip salad dressing
2 tablespoons prepared mustard
Cherry tomato halves, to garnish

	0	100	200	300	400	500	600	700	800	900	1000
0	0	0	0	0	0	0	0	0	0	0	0
100	0	0	0	0	0	0	0	0	0	0	0

INGREDIENTS with cherry tomato halves

Hot German Potato Salad

Yield: 12 servings

For those who prefer their potato salad warm

- 10 medium-size potatoes**
3-4 pounds bacon (21 slices)
3-4 cup wine vinegar
1 tablespoon salt
1/2 teaspoon pepper
1 cup thinly sliced scallions

	0	100	200	300	400	500	600	700	800	900	1000
0	0	0	0	0	0	0	0	0	0	0	0
100	0	0	0	0	0	0	0	0	0	0	0

Return the potatoes to the pot.

In a large skillet, sauté the bacon until it is crisp. Remove the bacon and drain the fat. Add the onions and sauté until they are soft. Add the potatoes, vinegar, salt and pepper. Bring to a boil. Reduce heat and simmer for 10 minutes. Turn off the heat and let stand for 10 minutes. Turn up the heat and bring to a boil again. Remove from the heat.

While the potatoes are cooking, mix the mayonnaise, mustard, horseradish, salt and pepper. When the potatoes are done, add the dressing and mix well. Turn the heat back on and boil for 2-3 minutes. Turn off the heat and add the scallions and serve.

*G*ourmet-Style Pasta Salad

4 ounces vermicelli or spaghetti
1 jar (6 ounces) marinated artichoke hearts
1 very small zucchini, halved and thinly sliced
1 carrot, shredded
1/4 pound thinly sliced and chopped cooked ham
1 cup shredded mozzarella
2 tablespoons grated Parmesan cheese
2 tablespoons salad oil
2 tablespoons white wine vinegar
3/4 teaspoon dry mustard
1/2 teaspoon dried oregano
1/2 teaspoon dried basil
1 garlic clove, minced

Toss to mix. Chill for several hours.

*C*hicken Salad

[View](#) [Print](#)

6 cups diced cooked chicken
3/4 cup crumbled Roquefort or blue cheese
1/2 cup coarsely chopped walnuts
3/4 cup olive oil
1/3 cup red wine vinegar
1 garlic clove, minced
1/3 cup chopped shallots or scallions

- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 10 cups torn romaine lettuce (bite-size pieces)
- 4 avocados, sliced, to garnish
- 1 large red onion, sliced, to garnish
- 4 oranges, sliced, to garnish

	Calories	Carbohydrates	Fat	Protein	Sodium	Cholesterol	Calories
1/2 cup	21	0	0	0	100	20	105
1/4 cup	10	0	0	0	50	10	52
1 cup	42	0	0	0	200	40	105

cucumbers, red onion, and oranges.

Quick and Easy Salad Dressing

Yield: 1 cup

- 1 cup salad oil
- 1/2 cup vinegar
- 1/2 cup white sugar
- dash salt
- 1-2 teaspoon celery seeds
- 1/4 teaspoon garlic salt

Combine all ingredients in a jar and shake well.

Vegetarian Main Dishes

Baked Ziti

Vegan, Lowfat, Gluten-Free

A simple, no-fuss dish that's perfect for a weeknight meal.

- 6 ounces dried ziti
- 1/2 pound carrots, sliced
- 1 red or green bell pepper, julienned
- 1 onion, sliced
- 1 zucchini, sliced
- 2 cups grated Cheddar or Swiss cheese
- 1/4 cup (1/2 stick) butter
- 1/4 cup all-purpose white flour
- 3 cups milk
- salt and pepper to taste

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100	101	102	103	104	105	106	107	108	109	110	111	112	113	114	115	116	117	118	119	120	121	122	123	124	125	126	127	128	129	130	131	132	133	134	135	136	137	138	139	140	141	142	143	144	145	146	147	148	149	150	151	152	153	154	155	156	157	158	159	160	161	162	163	164	165	166	167	168	169	170	171	172	173	174	175	176	177	178	179	180	181	182	183	184	185	186	187	188	189	190	191	192	193	194	195	196	197	198	199	200	201	202	203	204	205	206	207	208	209	210	211	212	213	214	215	216	217	218	219	220	221	222	223	224	225	226	227	228	229	230	231	232	233	234	235	236	237	238	239	240	241	242	243	244	245	246	247	248	249	250	251	252	253	254	255	256	257	258	259	260	261	262	263	264	265	266	267	268	269	270	271	272	273	274	275	276	277	278	279	280	281	282	283	284	285	286	287	288	289	290	291	292	293	294	295	296	297	298	299	300	301	302	303	304	305	306	307	308	309	310	311	312	313	314	315	316	317	318	319	320	321	322	323	324	325	326	327	328	329	330	331	332	333	334	335	336	337	338	339	340	341	342	343	344	345	346	347	348	349	350	351	352	353	354	355	356	357	358	359	360	361	362	363	364	365	366	367	368	369	370	371	372	373	374	375	376	377	378	379	380	381	382	383	384	385	386	387	388	389	390	391	392	393	394	395	396	397	398	399	400	401	402	403	404	405	406	407	408	409	410	411	412	413	414	415	416	417	418	419	420	421	422	423	424	425	426	427	428	429	430	431	432	433	434	435	436	437	438	439	440	441	442	443	444	445	446	447	448	449	450	451	452	453	454	455	456	457	458	459	460	461	462	463	464	465	466	467	468	469	470	471	472	473	474	475	476	477	478	479	480	481	482	483	484	485	486	487	488	489	490	491	492	493	494	495	496	497	498	499	500	501	502	503	504	505	506	507	508	509	510	511	512	513	514	515	516	517	518	519	520	521	522	523	524	525	526	527	528	529	530	531	532	533	534	535	536	537	538	539	540	541	542	543	544	545	546	547	548	549	550	551	552	553	554	555	556	557	558	559	560	561	562	563	564	565	566	567	568	569	570	571	572	573	574	575	576	577	578	579	580	581	582	583	584	585	586	587	588	589	590	591	592	593	594	595	596	597	598	599	600	601	602	603	604	605	606	607	608	609	610	611	612	613	614	615	616	617	618	619	620	621	622	623	624	625	626	627	628	629	630	631	632	633	634	635	636	637	638	639	640	641	642	643	644	645	646	647	648	649	650	651	652	653	654	655	656	657	658	659	660	661	662	663	664	665	666	667	668	669	670	671	672	673	674	675	676	677	678	679	680	681	682	683	684	685	686	687	688	689	690	691	692	693	694	695	696	697	698	699	700	701	702	703	704	705	706	707	708	709	710	711	712	713	714	715	716	717	718	719	720	721	722	723	724	725	726	727	728	729	730	731	732	733	734	735	736	737	738	739	740	741	742	743	744	745	746	747	748	749	750	751	752	753	754	755	756	757	758	759	760	761	762	763	764	765	766	767	768	769	770	771	772	773	774	775	776	777	778	779	780	781	782	783	784	785	786	787	788	789	790	791	792	793	794	795	796	797	798	799	800	801	802	803	804	805	806	807	808	809	810	811	812	813	814	815	816	817	818	819	820	821	822	823	824	825	826	827	828	829	830	831	832	833	834	835	836	837	838	839	840	841	842	843	844	845	846	847	848	849	850	851	852	853	854	855	856	857	858	859	860	861	862	863	864	865	866	867	868	869	870	871	872	873	874	875	876	877	878	879	880	881	882	883	884	885	886	887	888	889	890	891	892	893	894	895	896	897	898	899	900	901	902	903	904	905	906	907	908	909	910	911	912	913	914	915	916	917	918	919	920	921	922	923	924	925	926	927	928	929	930	931	932	933	934	935	936	937	938	939	940	941	942	943	944	945	946	947	948	949	950	951	952	953	954	955	956	957	958	959	960	961	962	963	964	965	966	967	968	969	970	971	972	973	974	975	976	977	978	979	980	981	982	983	984	985	986	987	988	989	990	991	992	993	994	995	996	997	998	999	1000	1001	1002	1003	1004	1005	1006	1007	1008	1009	1010	1011	1012	1013	1014	1015	1016	1017	1018	1019	1020	1021	1022	1023	1024	1025	1026	1027	1028	1029	1030	1031	1032	1033	1034	1035	1036	1037	1038	1039	1040	1041	1042	1043	1044	1045	1046	1047	1048	1049	1050	1051	1052	1053	1054	1055	1056	1057	1058	1059	1060	1061	1062	1063	1064	1065	1066	1067	1068	1069	1070	1071	1072	1073	1074	1075	1076	1077	1078	1079	1080	1081	1082	1083	1084	1085	1086	1087	1088	1089	1090	1091	1092	1093	1094	1095	1096	1097	1098	1099	1100	1101	1102	1103	1104	1105	1106	1107	1108	1109	1110	1111	1112	1113	1114	1115	1116	1117	1118	1119	1120	1121	1122	1123	1124	1125	1126	1127	1128	1129	1130	1131	1132	1133	1134	1135	1136	1137	1138	1139	1140	1141	1142	1143	1144	1145	1146	1147	1148	1149	1150	1151	1152	1153	1154	1155	1156	1157	1158	1159	1160	1161	1162	1163	1164	1165	1166	1167	1168	1169	1170	1171	1172	1173	1174	1175	1176	1177	1178	1179	1180	1181	1182	1183	1184	1185	1186	1187	1188	1189	1190	1191	1192	1193	1194	1195	1196	1197	1198	1199	1200	1201	1202	1203	1204	1205	1206	1207	1208	1209	1210	1211	1212	1213	1214	1215	1216	1217	1218	1219	1220	1221	1222	1223	1224	1225	1226	1227	1228	1229	1230	1231	1232	1233	1234	1235	1236	1237	1238	1239	1240	1241	1242	1243	1244	1245	1246	1247	1248	1249	1250	1251	1252	1253	1254	1255	1256	1257	1258	1259	1260	1261	1262	1263	1264	1265	1266	1267	1268	1269	1270	1271	1272	1273	1274	1275	1276	1277	1278	1279	1280	1281	1282	1283	1284	1285	1286	1287	1288	1289	1290	1291	1292	1293	1294	1295	1296	1297	1298	1299	1300	1301	1302	1303	1304	1305	1306	1307	1308	1309	1310	1311	1312	1313	1314	1315	1316	1317	1318	1319	1320	1321	1322	1323	1324	1325	1326	1327	1328	1329	1330	1331	1332	1333	1334	1335	1336	1337	1338	1339	1340	1341	1342	1343	1344	1345	1346	1347	1348	1349	1350	1351	1352	1353	1354	1355	1356	1357	1358	1359	1360	1361	1362	1363	1364	1365	1366	1367	1368	1369	1370	1371	1372	1373	1374	1375	1376	1377	1378	1379	1380	1381	1382	1383	1384	1385	1386	1387	1388	1389	1390	1391	1392	1393	1394	1395	1396	1397	1398	1399	1400	1401	1402	1403	1404	1405	1406	1407	1408	1409	1410	1411	1412	1413	1414	1415	1416	1417	1418	1419	1420	1421	1422	1423	1424	1425	1426	1427	1428	1429	1430	1431	1432	1433	1434	1435	1436	1437	1438	1439	1440	1441	1442	1443	1444	1445	1446	1447	1448	1449	1450	1451	1452	1453	1454	1455	1456	1457	1458	1459</

Garden Zucchini Crescent Pie

Yield: 6 to 8 servings

- 3 tablespoons margarine or butter
4 cups thinly sliced zucchini
1 cup chopped onion
1/2 cup chopped fresh parsley or 3 tablespoons dried
1/2 teaspoon salt
1/2 teaspoon pepper
1/4 teaspoon garlic powder
1/4 teaspoon dried basil
1/4 teaspoon dried oregano
2 eggs, beaten
8 ounces mozzarella cheese, shredded (2 cups)
1 can (8 ounces) crescent dinner rolls
2 teaspoons prepared mustard

	Calories	Total Fat	Sat. Fat	Cholesterol	Sodium	Total Carbs.	Dietary Fiber	Total Sugars	Protein	Iron	Calcium	Carb. %	Cal. %
1 slice	110	10	2	10	140	20	0	0	2	0	0	0	0
1/2 cup	220	20	4	20	280	40	0	0	4	0	0	0	0
1 cup	440	40	8	40	560	80	0	0	8	0	0	0	0
1/2 lb.	880	80	16	80	1120	160	0	0	16	0	0	0	0
1 lb.	1760	160	32	160	2240	320	0	0	32	0	0	0	0
1/2 oz.	55	5	1	5	110	15	0	0	1	0	0	0	0
1 oz.	110	10	2	10	220	30	0	0	2	0	0	0	0
2 oz.	220	20	4	20	440	60	0	0	4	0	0	0	0
4 oz.	440	40	8	40	880	120	0	0	8	0	0	0	0
8 oz.	880	80	16	80	1760	240	0	0	16	0	0	0	0
1 lb.	1760	160	32	160	3520	480	0	0	32	0	0	0	0
1/2 lb.	880	80	16	16	1760	240	0	0	16	0	0	0	0
1 lb.	1760	160	32	32	3520	480	0	0	32	0	0	0	0
2 lbs.	3520	320	64	64	7040	960	0	0	64	0	0	0	0
4 lbs.	7040	640	128	128	14080	1920	0	0	128	0	0	0	0
8 lbs.	14080	1280	256	256	28160	3840	0	0	256	0	0	0	0
16 lbs.	28160	2560	512	512	56320	7680	0	0	512	0	0	0	0
32 lbs.	56320	5120	1024	1024	112640	15360	0	0	1024	0	0	0	0
64 lbs.	112640	10240	2048	2048	225280	30720	0	0	2048	0	0	0	0
128 lbs.	225280	20480	4096	4096	450560	61440	0	0	4096	0	0	0	0
256 lbs.	450560	40960	8192	8192	901120	122880	0	0	8192	0	0	0	0
512 lbs.	901120	81920	16384	16384	1802240	245760	0	0	16384	0	0	0	0
1024 lbs.	1802240	163840	32768	32768	3604480	491520	0	0	32768	0	0	0	0
2048 lbs.	3604480	327680	65536	65536	7208960	983040	0	0	65536	0	0	0	0
4096 lbs.	7208960	655360	131072	131072	14417920	1966080	0	0	131072	0	0	0	0
8192 lbs.	14417920	1310720	262144	262144	28835840	3932160	0	0	262144	0	0	0	0
16384 lbs.	28835840	2621440	524288	524288	57671680	7864320	0	0	524288	0	0	0	0
32768 lbs.	57671680	5242880	1048576	1048576	115343360	15728640	0	0	1048576	0	0	0	0
65536 lbs.	115343360	10485760	2097152	2097152	230686720	31457280	0	0	2097152	0	0	0	0
131072 lbs.	230686720	20971520	4194304	4194304	461373440	62914560	0	0	4194304	0	0	0	0
262144 lbs.	461373440	41943040	8388608	8388608	922746880	125829120	0	0	8388608	0	0	0	0
524288 lbs.	922746880	83886080	16777216	16777216	1845493760	31457280	0	0	16777216	0	0	0	0
1048576 lbs.	1845493760	167772160	33554432	33554432	3690987520	62914560	0	0	33554432	0	0	0	0
2097152 lbs.	3690987520	335544320	67108864	67108864	7381975040	125829120	0	0	67108864	0	0	0	0
4194304 lbs.	7381975040	671088640	134217728	134217728	1476395040	251658240	0	0	134217728	0	0	0	0
8388608 lbs.	1476395040	1342177280	268435456	268435456	2952790080	503316480	0	0	268435456	0	0	0	0
16777216 lbs.	2952790080	2684354560	536870912	536870912	5905580160	1006632960	0	0	536870912	0	0	0	0
33554432 lbs.	5905580160	5368709120	1073741824	1073741824	11811160320	2013265920	0	0	1073741824	0	0	0	0
67108864 lbs.	11811160320	10737418240	2147483648	2147483648	23622320640	4026527840	0	0	2147483648	0	0	0	0
134217728 lbs.	23622320640	21474836480	4294967296	4294967296	47244641280	8053055680	0	0	4294967296	0	0	0	0
268435456 lbs.	47244641280	42949672960	8589934592	8589934592	94489282560	16106111360	0	0	8589934592	0	0	0	0
536870912 lbs.	94489282560	85899345920	17177869184	17177869184	189576585120	323557382880	0	0	17177869184	0	0	0	0
1073741824 lbs.	189576585120	171778691840	34355358032	34355358032	379153170240	647114760640	0	0	34355358032	0	0	0	0
2147483648 lbs.	379153170240	343553580320	68710716064	68710716064	758306340480	1274214241280	0	0	68710716064	0	0	0	0
4294967296 lbs.	758306340480	687107160640	137421424128	137421424128	1516612680960	2523224321440	0	0	137421424128	0	0	0	0
8589934592 lbs.	1516612680960	1374214241280	274842864288	274842864288	3033225361920	4792876964480	0	0	274842864288	0	0	0	0
17177869184 lbs.	3033225361920	2748428642880	549565792576	549565792576	6066450723840	9588115847520	0	0	549565792576	0	0	0	0
34355358032 lbs.	6066450723840	5495657925760	1099131584752	1099131584752	12132901447680	1957655927200	0	0	1099131584752	0	0	0	0
68710716064 lbs.	12132901447680	10991315847520	2198214368160	2198214368160	24265802895200	3915133632320	0	0	2198214368160	0	0	0	0
137421424128 lbs.	24265802895200	21982143681600	4396428536320	4396428536320	48531605726400	7830267072640	0	0	4396428536320	0	0	0	0
274842864288 lbs.	48531605726400	43964285363200	9592857145280	9592857145280	97063210855200	1567853521520	0	0	9592857145280	0	0	0	0
549565792576 lbs.	97063210855200	95928571452800	1959571429056	1959571429056	19412642581120	3069346412800	0	0	1959571429056	0	0	0	0
1099131584752 lbs.	19412642581120	19595714290560	3959142858112	3959142858112	39225285162240	6338285632240	0	0	3959142858112	0	0	0	0
2198214368160 lbs.	39225285162240	39591428581120	7958285632240	7958285632240	78450572644800	12696571264480	0	0	7958285632240	0	0	0	0
4396428536320 lbs.	78450572644800	79582856322400	1591654128896	1591654128896	15690109257920	2518421448896	0	0	1591654128896	0	0	0	0
8792857145280 lbs.	15690109257920	15916541288960	3183308257792	3183308257792	31380218515840	5036043715584	0	0	3183308257792	0	0	0	0
1758571429056 lbs.	31380218515840	31833082577920	6366717515584	6366717515584	62760435311680	10144035031168	0	0	6366717515584	0	0	0	0
3517143058112 lbs.	62760435311680	63667175155840	12733435031168	12733435031168	12552087062336	20288070062336	0	0	12733435031168	0	0	0	0
7034286058224 lbs.	12552087062336	127334350311680	25466870062336	25466870062336	25104174124672	4041628724672	0	0	25466870062336	0	0	0	0
1406857211648 lbs.	25104174124672	254668700623360	50933740124672	50933740124672	50208348249344	8041668049344	0	0	50933740124672	0	0	0	0
2813714423296 lbs.	50208348249344	509337401246720	10186740098688	10186740098688	100416680493440	16083336098688	0	0	10186740098688	0	0	0	0
5627428846592 lbs.	100416680493440	101867400986880	20373480197376	20373480197376	200833360986880	32166672197376	0	0	20373480197376	0	0	0	0
1125485769192 lbs.	200833360986880	203734801973760	40746960394752	40746960394752	401666721973760	64333344394752	0	0	40746960394752	0	0	0	0
2250971538384 lbs.	401666721973760	407469603947520	81493920789504	81493920789504	803333443947520	128667841578504	0	0	81493920789504	0	0	0	0
4501943076768 lbs.	803333443947520	814939207895040	162987841578504	162987841578504	1606678415785040	3173356831578504	0	0	162987841578504	0	0	0	0
9003886153536 lbs.	1606678415785040	1629878415785040	3259756831578504	3259756831578504	32133568315785040	63495136631578504	0	0	3259756831578504	0	0	0	0
18007772307072 lbs.	32133568315785040	32597568315785040	65195136631578504	65195136631578504	642671366315785040	1265872732631578504	0	0	65195136631578504	0	0	0	0
36015544614144 lbs.	642671366315785040	651951366315785040	13039054732631578504	13039054732631578504	13058727326315785040	251780154652631578504	0	0	13039054732631578504	0	0	0	0
72031089228288 lbs.	13058727326315785040	130390547326315785040	260780154652631578504	260780154652631578504	2611745463157850400	5023603093052631578504	0	0	260780154652631578504	0	0	0	0
144062178456576 lbs.	2611745463157850400	2607801546526315785040	52156061861052631578504	52156061861052631578504	5223490931578504000	104312123722052631578504	0	0	52156061861052631578504	0	0	0	0
288124356913152 lbs.	5223490931578504000	521560618610526315785040	104312123722052631578504	104312123722052631578504	10446954745785040000	2086242474441052631578504	0	0	104312123722052631578504	0	0	0	0
576248713826304 lbs.	10446954745785040000	1043121237220526315785040	2086242474441052631578504	2086242474441052631578504	20893909491578504000	41724849488821052631578504	0	0	2086242474441052631578504	0	0	0	0
1152497427652688 lbs.	20893909491578504000	20862424744410526315785040	41724849488821052631578504	41724849488821052631578504	41787818983157850400	834496989776421052631578504	0	0	41724849488821052631578504	0	0	0	0
2304994855305376 lbs.	41787818983157850400	417248494888210526315785040	834496989776421052631578504	834496989776421052631578504	83575637966315785040	16689939795528421052631578504	0	0	83449698977642105263157				

Fresh Tomato Pie

- 2 cups Bisquick mix
3/4 cup milk
4 medium-size tomatoes sliced 1/4 inch thick
1 green bell pepper sliced
2 teaspoons dried basil
1 teaspoon dried chives
1 teaspoon dried parsley
1-1/2 cups grated sharp Cheddar cheese
1/2 cup mayonnaise

Preheat the oven to 400°.

Preheat the oven to 400°.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100	101	102	103	104	105	106	107	108	109	110	111	112	113	114	115	116	117	118	119	120	121	122	123	124	125	126	127	128	129	130	131	132	133	134	135	136	137	138	139	140	141	142	143	144	145	146	147	148	149	150	151	152	153	154	155	156	157	158	159	160	161	162	163	164	165	166	167	168	169	170	171	172	173	174	175	176	177	178	179	180	181	182	183	184	185	186	187	188	189	190	191	192	193	194	195	196	197	198	199	200	201	202	203	204	205	206	207	208	209	210	211	212	213	214	215	216	217	218	219	220	221	222	223	224	225	226	227	228	229	230	231	232	233	234	235	236	237	238	239	240	241	242	243	244	245	246	247	248	249	250	251	252	253	254	255	256	257	258	259	260	261	262	263	264	265	266	267	268	269	270	271	272	273	274	275	276	277	278	279	280	281	282	283	284	285	286	287	288	289	290	291	292	293	294	295	296	297	298	299	300	301	302	303	304	305	306	307	308	309	310	311	312	313	314	315	316	317	318	319	320	321	322	323	324	325	326	327	328	329	330	331	332	333	334	335	336	337	338	339	340	341	342	343	344	345	346	347	348	349	350	351	352	353	354	355	356	357	358	359	360	361	362	363	364	365	366	367	368	369	370	371	372	373	374	375	376	377	378	379	380	381	382	383	384	385	386	387	388	389	390	391	392	393	394	395	396	397	398	399	400	401	402	403	404	405	406	407	408	409	410	411	412	413	414	415	416	417	418	419	420	421	422	423	424	425	426	427	428	429	430	431	432	433	434	435	436	437	438	439	440	441	442	443	444	445	446	447	448	449	450	451	452	453	454	455	456	457	458	459	460	461	462	463	464	465	466	467	468	469	470	471	472	473	474	475	476	477	478	479	480	481	482	483	484	485	486	487	488	489	490	491	492	493	494	495	496	497	498	499	500	501	502	503	504	505	506	507	508	509	510	511	512	513	514	515	516	517	518	519	520	521	522	523	524	525	526	527	528	529	530	531	532	533	534	535	536	537	538	539	540	541	542	543	544	545	546	547	548	549	550	551	552	553	554	555	556	557	558	559	560	561	562	563	564	565	566	567	568	569	570	571	572	573	574	575	576	577	578	579	580	581	582	583	584	585	586	587	588	589	590	591	592	593	594	595	596	597	598	599	600	601	602	603	604	605	606	607	608	609	610	611	612	613	614	615	616	617	618	619	620	621	622	623	624	625	626	627	628	629	630	631	632	633	634	635	636	637	638	639	640	641	642	643	644	645	646	647	648	649	650	651	652	653	654	655	656	657	658	659	660	661	662	663	664	665	666	667	668	669	670	671	672	673	674	675	676	677	678	679	680	681	682	683	684	685	686	687	688	689	690	691	692	693	694	695	696	697	698	699	700	701	702	703	704	705	706	707	708	709	710	711	712	713	714	715	716	717	718	719	720	721	722	723	724	725	726	727	728	729	730	731	732	733	734	735	736	737	738	739	740	741	742	743	744	745	746	747	748	749	750	751	752	753	754	755	756	757	758	759	760	761	762	763	764	765	766	767	768	769	770	771	772	773	774	775	776	777	778	779	770	771	772	773	774	775	776	777	778	779	780	781	782	783	784	785	786	787	788	789	790	791	792	793	794	795	796	797	798	799	800	801	802	803	804	805	806	807	808	809	810	811	812	813	814	815	816	817	818	819	820	821	822	823	824	825	826	827	828	829	830	831	832	833	834	835	836	837	838	839	840	841	842	843	844	845	846	847	848	849	850	851	852	853	854	855	856	857	858	859	860	861	862	863	864	865	866	867	868	869	870	871	872	873	874	875	876	877	878	879	880	881	882	883	884	885	886	887	888	889	880	881	882	883	884	885	886	887	888	889	890	891	892	893	894	895	896	897	898	899	900	901	902	903	904	905	906	907	908	909	910	911	912	913	914	915	916	917	918	919	920	921	922	923	924	925	926	927	928	929	930	931	932	933	934	935	936	937	938	939	940	941	942	943	944	945	946	947	948	949	950	951	952	953	954	955	956	957	958	959	960	961	962	963	964	965	966	967	968	969	970	971	972	973	974	975	976	977	978	979	980	981	982	983	984	985	986	987	988	989	990	991	992	993	994	995	996	997	998	999	1000	1001	1002	1003	1004	1005	1006	1007	1008	1009	10010	10011	10012	10013	10014	10015	10016	10017	10018	10019	10020	10021	10022	10023	10024	10025	10026	10027	10028	10029	10030	10031	10032	10033	10034	10035	10036	10037	10038	10039	10040	10041	10042	10043	10044	10045	10046	10047	10048	10049	10050	10051	10052	10053	10054	10055	10056	10057	10058	10059	10060	10061	10062	10063	10064	10065	10066	10067	10068	10069	10070	10071	10072	10073	10074	10075	10076	10077	10078	10079	10080	10081	10082	10083	10084	10085	10086	10087	10088	10089	10090	10091	10092	10093	10094	10095	10096	10097	10098	10099	100100	100101	100102	100103	100104	100105	100106	100107	100108	100109	100110	100111	100112	100113	100114	100115	100116	100117	100118	100119	100120	100121	100122	100123	100124	100125	100126	100127	100128	100129	100130	100131	100132	100133	100134	100135	100136	100137	100138	100139	100140	100141	100142	100143	100144	100145	100146	100147	100148	100149	100150	100151	100152	100153	100154	100155	100156	100157	100158	100159	100160	100161	100162	100163	100164	100165	100166	100167	100168	100169	100170	100171	100172	100173	100174	100175	100176	100177	100178	100179	100180	100181	100182	100183	100184	100185	100186	100187	100188	100189	100190	100191	100192	100193	100194	100195	100196	100197	100198	100199	100200	100201	100202	100203	100204	100205	100206	100207	100208	100209	100210	100211	100212	100213	100214	100215	100216	100217	100218	100219	100220	100221	100222	100223	100224	100225	100226	100227	100228	100229	100230	100231	100232	100233	100234	100235	100236	100237	100238	100239	100240	100241	100242	100243	100244	100245	100246	100247	100248	100249	100250	100251	100252	100253	100254	100255	100256	100257	100258	100259	100260	100261	100262	100263	100264	100265	100266	100267	100268	100269	100270	100271	100272	100273	100274	100275	100276	100277	100278	100279	100280	100281	100282	100283	100284	100285	100286	100287	100288	100289	100290	100291	100292	100293	100294	100295	100296	100297	100298	100299	100300	100301	100302	100303	100304	100305	100306	100307	100308	100309	100310	100311	100312	100313	100314	100315	100316	100317	100318	100319	100320	100321	100322	100323	100324	100325	100326	100327	100328	100329	100330	100331	100332	100333	100334	100335	100336	100337	100338	100339	100340	100341	100342	100343	100344	100345	100346	100347	100348	100349	100350	100351	100352	100353	100354	100355	100356	100357	100358	100359	100360	100361	100362	100363	100364	100365	100366	100367	100368	100369	100370	100371	100372	100373	100374	100375	100376	100377	100378	100379	100380	100381	100382</th

Meatless Quiche

1 cup

1/2 cup

Meatless Quiche with paprika

1/2 cup

1/2 cup

Vegetable-Cheese Bake

1/2 cup

Bake at 350° for 45 minutes. Yield: 8 servings.

1/2 cup flour

- 2 tablespoons vegetable oil
- 1 large onion, chopped
- 1 large green bell pepper, cubed
- 1 medium-size eggplant, cubed
- 8 ounces mushrooms, sliced
- 1 large tomato, chopped
- 1 teaspoon salt
- 5/8 teaspoon dried thyme
- 1/8 teaspoon pepper
- 1 cup herb stuffing mix
- 12 ounces Swiss cheese, shredded

1	cup	flour	1/2	cup	oil	1	cup	water
1	cup	onion	1	cup	green bell pepper	1	cup	eggplant
1	cup	mushrooms	1	cup	tomato	1	cup	herb stuffing mix
12	ounces	Swiss cheese						

For substitute

1	cup	flour	1/2	cup	oil	1	cup	water
1	cup	onion	1	cup	green bell pepper	1	cup	eggplant
12	ounces	Swiss cheese						
1/2	cup	chopped	1/2	cup	chopped	1/2	cup	chopped
1/2	cup	onion	1/2	cup	green bell pepper	1/2	cup	eggplant
1/2	cup	cheese	1/2	cup	cheese	1/2	cup	cheese

Main Dishes with Fish & Shellfish

Vermicelli with White Cam Sauce

2 cans (6 1/2 ounces each) minestrone
1 cup freshly steamed and shucked clams
1/4 cup olive oil
1 to 3 tablespoons butter
4 garlic cloves, crushed
2 to 3 tablespoons chopped fresh parsley
1/2 teaspoon salt
6 ounces dried vermicelli

clam-steaming liquid and set aside

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100
---	---	---	---	---	---	---	---	---	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	-----

Dishon with Batter Sauce

11

Digitized by srujanika@gmail.com

Bullet Squash

- 2** large shallots, minced
1/3 cup dry white wine
2 tablespoons crème fraîche
1 1/2 cup + stick, cold unsalted butter, cut into pats
salt and pepper to taste

119

- 1-1/2 pounds salmon fillets with skin
1/2 teaspoon dried thyme
salt and pepper
2 tablespoons unsalted butter
fresh parsley sprigs to garnish

Prepare the fish

High-wire routes

Quick and Easy Salmon Patties

由 Mr. Bruce Morris 提供

- 1 can (4 3/4 ounces) salmon bones and skin removed
1 egg
3 cup minced onion
1/2 cup all-purpose white flour
7 1/2 teaspoons baking powder
1/2 cup finely crushed crackers or dry bread crumbs
Crisco or candle oil for frying

Scallops in Wine Sauce

**1/2 cup water
1 1/3 cup dry white wine
1 teaspoon cider vinegar
1 pound bay scallops
2 tablespoons butter or margarine
2 tablespoons all-purpose white flour
1 1/3 cup mayonnaise
1/4 teaspoon ground thyme
salt and pepper to taste**

Scallops in Wine Sauce (continued)

reserve the cooking liquid.

While butter and bread are

Omelette Scallops

One omelette

Scallop mixture (yielded 1 solid and 1/2 liquid)

- 1 pound bay scallops (or substitute sea scallops
cut in quarters)
- 1/3 cup dry vermouth
- 1 garlic clove, minced
- salt and pepper
- 1/2 cup dry bread crumbs
- 6 tablespoons (3/4 stick) butter
- minced fresh parsley to garnish
- lemon wedges, to garnish

Omelette		Scallop Mixture		Total	
1	cup	1	cup	1	cup
1	cup	1	cup	1	cup
1	cup	1	cup	1	cup
1	cup	1	cup	1	cup

Baked Scallops

6 SERVINGS

A great dinner party dish.

- 2 pounds scallops**
1/2 cup (1 stick) butter, melted
1/4 cup grated Parmesan cheese
1 cup crushed Ritz crackers
1/2 tablespoon lemon juice
1/4 teaspoon pepper
1/4 teaspoon garlic salt
5 tablespoons dry vermouth

Calories	% Cal. from Fat	Carbohydrates	Fiber	Protein	Sodium	Potassium
110	10	10	0	10	100	100
110	10	10	0	10	100	100

After baking, garnish with:

Lobster Newburg

6 SERVINGS

- 3 tablespoons butter**
1 tablespoon all-purpose white flour
1 1/2 cups cream (at use part milk)
2 cups (1 pound) cooked lobster meat
3 egg yolks, beaten
1/3 cup sherry
1 teaspoon salt

Calories	% Cal. from Fat	Carbohydrates	Fiber	Protein	Sodium	Potassium
240	10	10	0	10	100	100
240	10	10	0	10	100	100
240	10	10	0	10	100	100

Chimp Creek

318 *Journal of Health Politics*

100

2 tablespoons butter
1 cup chopped onion
1 cup chopped green bell pepper
1 garlic clove minced
2 cups stewed tomatoes
1 - 8 oz. can paprika
salt and pepper to taste
1 pound shrimp, peeled and deveined

	P	P ₁	P ₂	P ₃	d ₁₁	d ₁₂	P ₄	P ₅	d ₂₁
q	§	*	*	*	0	0	§	*	*
q ₁	1	3	4	5	0	0	1	2	3
q ₂	2	4	5	6	0	0	1	2	3

Shrimp Casserole

1995-1996

THE SOUTHERN CALIFORNIA CHAMBER OF COMMERCE

- 3 pounds cooked, peeled shrimp
- 6 slices white bread, torn in bite-size pieces
- 6 ounces cheese (Cheddar is recommended), grated
- 2 tablespoons butter, melted
- 3 eggs, lightly beaten
- 2 teaspoons dry mustard
- 2 cups milk

Job	Time	Rate	Cost	Op W	Op H	Op S	Op T	Op U
1	40	\$10	\$400	10	10	10	10	10
2	30	\$10	\$300	10	10	10	10	10
3	20	\$10	\$200	10	10	10	10	10
4	10	\$10	\$100	10	10	10	10	10
5	5	\$10	\$50	10	10	10	10	10
6	15	\$10	\$150	10	10	10	10	10
7	25	\$10	\$250	10	10	10	10	10
8	35	\$10	\$350	10	10	10	10	10
9	45	\$10	\$450	10	10	10	10	10
10	55	\$10	\$550	10	10	10	10	10
11	65	\$10	\$650	10	10	10	10	10
12	75	\$10	\$750	10	10	10	10	10
13	85	\$10	\$850	10	10	10	10	10
14	95	\$10	\$950	10	10	10	10	10
15	105	\$10	\$1050	10	10	10	10	10
16	115	\$10	\$1150	10	10	10	10	10
17	125	\$10	\$1250	10	10	10	10	10
18	135	\$10	\$1350	10	10	10	10	10
19	145	\$10	\$1450	10	10	10	10	10
20	155	\$10	\$1550	10	10	10	10	10
21	165	\$10	\$1650	10	10	10	10	10
22	175	\$10	\$1750	10	10	10	10	10
23	185	\$10	\$1850	10	10	10	10	10
24	195	\$10	\$1950	10	10	10	10	10
25	205	\$10	\$2050	10	10	10	10	10
26	215	\$10	\$2150	10	10	10	10	10
27	225	\$10	\$2250	10	10	10	10	10
28	235	\$10	\$2350	10	10	10	10	10
29	245	\$10	\$2450	10	10	10	10	10
30	255	\$10	\$2550	10	10	10	10	10
31	265	\$10	\$2650	10	10	10	10	10
32	275	\$10	\$2750	10	10	10	10	10
33	285	\$10	\$2850	10	10	10	10	10
34	295	\$10	\$2950	10	10	10	10	10
35	305	\$10	\$3050	10	10	10	10	10
36	315	\$10	\$3150	10	10	10	10	10
37	325	\$10	\$3250	10	10	10	10	10
38	335	\$10	\$3350	10	10	10	10	10
39	345	\$10	\$3450	10	10	10	10	10
40	355	\$10	\$3550	10	10	10	10	10
41	365	\$10	\$3650	10	10	10	10	10
42	375	\$10	\$3750	10	10	10	10	10
43	385	\$10	\$3850	10	10	10	10	10
44	395	\$10	\$3950	10	10	10	10	10
45	405	\$10	\$4050	10	10	10	10	10
46	415	\$10	\$4150	10	10	10	10	10
47	425	\$10	\$4250	10	10	10	10	10
48	435	\$10	\$4350	10	10	10	10	10
49	445	\$10	\$4450	10	10	10	10	10
50	455	\$10	\$4550	10	10	10	10	10
51	465	\$10	\$4650	10	10	10	10	10
52	475	\$10	\$4750	10	10	10	10	10
53	485	\$10	\$4850	10	10	10	10	10
54	495	\$10	\$4950	10	10	10	10	10
55	505	\$10	\$5050	10	10	10	10	10
56	515	\$10	\$5150	10	10	10	10	10
57	525	\$10	\$5250	10	10	10	10	10
58	535	\$10	\$5350	10	10	10	10	10
59	545	\$10	\$5450	10	10	10	10	10
60	555	\$10	\$5550	10	10	10	10	10
61	565	\$10	\$5650	10	10	10	10	10
62	575	\$10	\$5750	10	10	10	10	10
63	585	\$10	\$5850	10	10	10	10	10
64	595	\$10	\$5950	10	10	10	10	10
65	605	\$10	\$6050	10	10	10	10	10
66	615	\$10	\$6150	10	10	10	10	10
67	625	\$10	\$6250	10	10	10	10	10
68	635	\$10	\$6350	10	10	10	10	10
69	645	\$10	\$6450	10	10	10	10	10
70	655	\$10	\$6550	10	10	10	10	10
71	665	\$10	\$6650	10	10	10	10	10
72	675	\$10	\$6750	10	10	10	10	10
73	685	\$10	\$6850	10	10	10	10	10
74	695	\$10	\$6950	10	10	10	10	10
75	705	\$10	\$7050	10	10	10	10	10
76	715	\$10	\$7150	10	10	10	10	10
77	725	\$10	\$7250	10	10	10	10	10
78	735	\$10	\$7350	10	10	10	10	10
79	745	\$10	\$7450	10	10	10	10	10
80	755	\$10	\$7550	10	10	10	10	10
81	765	\$10	\$7650	10	10	10	10	10
82	775	\$10	\$7750	10	10	10	10	10
83	785	\$10	\$7850	10	10	10	10	10
84	795	\$10	\$7950	10	10	10	10	10
85	805	\$10	\$8050	10	10	10	10	10
86	815	\$10	\$8150	10	10	10	10	10
87	825	\$10	\$8250	10	10	10	10	10
88	835	\$10	\$8350	10	10	10	10	10
89	845	\$10	\$8450	10	10	10	10	10
90	855	\$10	\$8550	10	10	10	10	10
91	865	\$10	\$8650	10	10	10	10	10
92	875	\$10	\$8750	10	10	10	10	10
93	885	\$10	\$8850	10	10	10	10	10
94	895	\$10	\$8950	10	10	10	10	10
95	905	\$10	\$9050	10	10	10	10	10
96	915	\$10	\$9150	10	10	10	10	10
97	925	\$10	\$9250	10	10	10	10	10
98	935	\$10	\$9350	10	10	10	10	10
99	945	\$10	\$9450	10	10	10	10	10
100	955	\$10	\$9550	10	10	10	10	10
101	965	\$10	\$9650	10	10	10	10	10
102	975	\$10	\$9750	10	10	10	10	10
103	985	\$10	\$9850	10	10	10	10	10
104	995	\$10	\$9950	10	10	10	10	10
105	1005	\$10	\$10050	10	10	10	10	10
106	1015	\$10	\$10150	10	10	10	10	10
107	1025	\$10	\$10250	10	10	10	10	10
108	1035	\$10	\$10350	10	10	10	10	10
109	1045	\$10	\$10450	10	10	10	10	10
110	1055	\$10	\$10550	10	10	10	10	10
111	1065	\$10	\$10650	10	10	10	10	10
112	1075	\$10	\$10750	10	10	10	10	10
113	1085	\$10	\$10850	10	10	10	10	10
114	1095	\$10	\$10950	10	10	10	10	10
115	1105	\$10	\$11050	10	10	10	10	10
116	1115	\$10	\$11150	10	10	10	10	10
117	1125	\$10	\$11250	10	10	10	10	10
118	1135	\$10	\$11350	10	10	10	10	10
119	1145	\$10	\$11450	10	10	10	10	10
120	1155	\$10	\$11550	10	10	10	10	10
121	1165	\$10	\$11650	10	10	10	10	10
122	1175	\$10	\$11750	10	10	10	10	10
123	1185	\$10	\$11850	10	10	10	10	10
124	1195	\$10	\$11950	10	10	10	10	10
125	1205	\$10	\$12050	10	10	10	10	10
126	1215	\$10	\$12150	10	10	10	10	10
127	1225	\$10	\$12250	10	10	10	10	10
128	1235	\$10	\$12350	10	10	10	10	10
129	1245	\$10	\$12450	10	10	10	10	10
130	1255	\$10	\$12550	10	10	10	10	10
131	1265	\$10	\$12650	10	10	10	10	10
132	1275	\$10	\$12750	10	10	10	10	10
133	1285	\$10	\$12850	10	10	10	10	10
134	1295	\$10	\$12950	10	10	10	10	10
135	1305	\$10	\$13050	10	10	10	10	10
136	1315	\$10	\$13150	10	10	10	10	10
137	1325	\$10	\$13250	10	10	10	10	10
138	1335	\$10	\$13350	10	10	10	10	10
139	1345	\$10	\$13450	10	10	10	10	10
140	1355	\$10	\$13550	10	10	10	10	10
141	1365	\$10	\$13650	10	10	10	10	10
142	1375	\$10	\$13750	10	10	10	10	10
143	1385	\$10	\$13850	10	10	10	10	10
144	1395	\$10	\$13950	10	10	10	10	10
145	1405	\$10	\$14050	10	10	10	10	10
146	1415	\$10	\$14150	10	10	10	10	10
147	1425	\$10	\$14250	10	10	10	10	10
148	1435	\$10	\$14350	10	10	10	10	10
149	1445	\$10	\$14450	10	10	10	10	10
150	1455	\$10	\$14550	10	10	10	10	10
151	1465	\$10	\$14650	10	10	10	10	10
152	1475	\$10	\$14750	10	10	10	10	10
153	1485	\$10	\$14850	10	10	10	10	10
154	1495	\$10	\$14950	10	10	10	10	10
155	1505	\$10	\$15050	10	10	10	10	10
156	1515	\$10	\$15150	10	10	10	10	10
157	1525	\$10	\$15250	10	10	10	10	10
158	1535	\$10	\$15350	10	10	10	10	10
159	1545	\$10	\$15450	10	10	10	10	10
160	1555	\$10	\$15550	10	10	10	10	10
161	1565	\$10	\$15650	10	10	10	10	10
162	1575	\$10	\$15750	10	10	10	10	10
163	1585	\$10	\$15850	10	10	10	10	10
164	1595	\$10	\$15950	10	10	10	10	10
165	1605	\$10	\$16050	10	10	10	10	10
166	1615	\$10	\$16150	10	10	10	10	10
167	1625	\$10	\$16250	10	10	10	10	10
168	1635	\$10	\$16350	10	10	10	10	10
169	1645	\$10	\$16450	10	10	10	10	10
170	1655	\$10	\$16550	10	10</			

Main Dishes with Chicken & Turkey

Special Roasted Chicken

4 to 4 servings

3-pound to 4-pound roasting chicken

salt and pepper

1 lemon

5 garlic cloves, sliced in half lengthwise

1 tablespoon fresh or dried rosemary

1 teaspoon paprika

Calories	Protein	Fat	Carbohydrates	Sodium	Cholesterol	Calories	Protein	Fat	Carbohydrates	Sodium	Cholesterol
110	16	10	0	100	10	110	16	10	0	100	10
160	24	16	0	100	10	160	24	16	0	100	10
210	32	22	0	100	10	210	32	22	0	100	10
260	40	28	0	100	10	260	40	28	0	100	10
310	48	34	0	100	10	310	48	34	0	100	10
360	56	40	0	100	10	360	56	40	0	100	10
410	64	46	0	100	10	410	64	46	0	100	10
460	72	52	0	100	10	460	72	52	0	100	10
510	80	58	0	100	10	510	80	58	0	100	10
560	88	64	0	100	10	560	88	64	0	100	10
610	96	70	0	100	10	610	96	70	0	100	10
660	104	76	0	100	10	660	104	76	0	100	10
710	112	82	0	100	10	710	112	82	0	100	10
760	120	88	0	100	10	760	120	88	0	100	10
810	128	94	0	100	10	810	128	94	0	100	10
860	136	100	0	100	10	860	136	100	0	100	10
910	144	106	0	100	10	910	144	106	0	100	10
960	152	112	0	100	10	960	152	112	0	100	10
1010	160	118	0	100	10	1010	160	118	0	100	10
1060	168	124	0	100	10	1060	168	124	0	100	10
1110	176	130	0	100	10	1110	176	130	0	100	10
1160	184	136	0	100	10	1160	184	136	0	100	10
1210	192	142	0	100	10	1210	192	142	0	100	10
1260	200	148	0	100	10	1260	200	148	0	100	10
1310	208	154	0	100	10	1310	208	154	0	100	10
1360	216	160	0	100	10	1360	216	160	0	100	10
1410	224	166	0	100	10	1410	224	166	0	100	10
1460	232	172	0	100	10	1460	232	172	0	100	10
1510	240	178	0	100	10	1510	240	178	0	100	10
1560	248	184	0	100	10	1560	248	184	0	100	10
1610	256	190	0	100	10	1610	256	190	0	100	10
1660	264	196	0	100	10	1660	264	196	0	100	10
1710	272	202	0	100	10	1710	272	202	0	100	10
1760	280	208	0	100	10	1760	280	208	0	100	10
1810	288	214	0	100	10	1810	288	214	0	100	10
1860	296	220	0	100	10	1860	296	220	0	100	10
1910	304	226	0	100	10	1910	304	226	0	100	10
1960	312	232	0	100	10	1960	312	232	0	100	10
2010	320	238	0	100	10	2010	320	238	0	100	10
2060	328	244	0	100	10	2060	328	244	0	100	10
2110	336	250	0	100	10	2110	336	250	0	100	10
2160	344	256	0	100	10	2160	344	256	0	100	10
2210	352	262	0	100	10	2210	352	262	0	100	10
2260	360	268	0	100	10	2260	360	268	0	100	10
2310	368	274	0	100	10	2310	368	274	0	100	10
2360	376	280	0	100	10	2360	376	280	0	100	10
2410	384	286	0	100	10	2410	384	286	0	100	10
2460	392	292	0	100	10	2460	392	292	0	100	10
2510	400	298	0	100	10	2510	400	298	0	100	10
2560	408	304	0	100	10	2560	408	304	0	100	10
2610	416	310	0	100	10	2610	416	310	0	100	10
2660	424	316	0	100	10	2660	424	316	0	100	10
2710	432	322	0	100	10	2710	432	322	0	100	10
2760	440	328	0	100	10	2760	440	328	0	100	10
2810	448	334	0	100	10	2810	448	334	0	100	10
2860	456	340	0	100	10	2860	456	340	0	100	10
2910	464	346	0	100	10	2910	464	346	0	100	10
2960	472	352	0	100	10	2960	472	352	0	100	10
3010	480	358	0	100	10	3010	480	358	0	100	10
3060	488	364	0	100	10	3060	488	364	0	100	10
3110	496	370	0	100	10	3110	496	370	0	100	10
3160	504	376	0	100	10	3160	504	376	0	100	10
3210	512	382	0	100	10	3210	512	382	0	100	10
3260	520	388	0	100	10	3260	520	388	0	100	10
3310	528	394	0	100	10	3310	528	394	0	100	10
3360	536	400	0	100	10	3360	536	400	0	100	10
3410	544	406	0	100	10	3410	544	406	0	100	10
3460	552	412	0	100	10	3460	552	412	0	100	10
3510	560	418	0	100	10	3510	560	418	0	100	10
3560	568	424	0	100	10	3560	568	424	0	100	10
3610	576	430	0	100	10	3610	576	430	0	100	10
3660	584	436	0	100	10	3660	584	436	0	100	10
3710	592	442	0	100	10	3710	592	442	0	100	10
3760	600	448	0	100	10	3760	600	448	0	100	10
3810	608	454	0	100	10	3810	608	454	0	100	10
3860	616	460	0	100	10	3860	616	460	0	100	10
3910	624	466	0	100	10	3910	624	466	0	100	10
3960	632	472	0	100	10	3960	632	472	0	100	10
4010	640	478	0	100	10	4010	640	478	0	100	10
4060	648	484	0	100	10	4060	648	484	0	100	10
4110	656	490	0	100	10	4110	656	490	0	100	10
4160	664	496	0	100	10	4160	664	496	0	100	10
4210	672	502	0	100	10	4210	672	502	0	100	10
4260	680	508	0	100	10	4260	680	508	0	100	10
4310	688	514	0	100	10	4310	688	514	0	100	10
4360	696	520	0	100	10	4360	696	520	0	100	10
4410	704	526	0	100	10	4410	704	526	0	100	10
4460	712	532	0	100	10	4460	712	532	0	100	10
4510	720	538	0	100	10	4510	720	538	0	100	10
4560	728	544	0	100	10	4560	728	544	0	100	10
4610	736	550	0	100	10	4610	736	550	0	100	10
4660	744	556	0	100	10	4660	744	556	0	100	10
4710	752	562	0	100	10	4710	752	562	0	100	10
4760	760	568	0	100	10	4760	760	568	0	100	10
4810	768	574	0	100	10	4810	768	574	0	100	10
4860	776	580	0	100	10	4860	776	580	0	100	10
4910	784	586	0	100	10	4910	784	586	0	100	10
4960	792	592	0	100	10	4960	792	592	0	100	10
5010	800	598	0	100	10	5010	800	598	0	100	10
5060	808	604	0	100	10	5060	808	604	0	100	10
5110	816	610	0	100	10	5110	816	610	0	100	10
5160	824	616	0	100	10	5160	824	616	0	100	10
5210	832	622	0	100	10	5210	832	622	0	100	10
5260	840	628	0	100	10	5260	840	628	0	100	10
5310	848	634	0	100	10	5310	848	634	0	100	10
5360	856	640	0	100	10	5360	856	640	0	100	10
5410	864	646	0	100	10	5410	864	646	0	100	10
5460	872	652	0	100	10	5460	872	652	0	100	10
5510	880	658	0	100	10	5510	880	658	0	100	10
5560	888	664	0	100	10	5560	888	664	0	100	10
5610	896	670	0	100	10	5610	896	670	0	100	10
5660	904	676	0	100	10	5660	904	676	0	100	10
5710	912	682	0	100	10	5710	912	682	0	100	10
5760	920	688	0	100	10	5760	920	688	0	100	10
5810	928	694	0	100	10	5810	928	694	0	100	10
5860	936	700	0	100	10	5860	936	700	0	100	10
5910	944	706	0	100	10	5910	944	706	0	100	10
5960	952	712	0	100	10	5960	952	712	0	100	10
6010	960	718	0	100	10	6010	960	718	0	100	10
6060	968	724	0	100	10	6060	968	724	0	100	10
6110	976	730	0	100	10	6110	976	730	0	100	10
6160	984	736	0	100	10	6160	984	736	0	100	10

Chicken and Rice Lo mein

2 to 3 pounds chicken pieces with skins removed
(8 to 10 lbs gbs or 5 to 6 breasts)
salt and pepper
2 tablespoons olive oil
1 medium size onion, cut in thin slices
2-1/2 cups water
1 tablespoon dried oregano
5 tablespoons ketchup
1 cup uncooked long grain white rice
1 red bell pepper, cubed
1 cup frozen peas

17

12 *Answers: Score with the students.*

French Chicken

Yield: 6 servings

Scallopine for a delicious meal.

- 3 tablespoons margarine
- 3 to 4 pounds chicken quarters
- 1 small onion, minced
- 1 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon dried thyme
- 1/4 teaspoon dried basil
- 2/3 cup dry white wine
- 2 tablespoons sherry
- 1 cup light cream
- Juice of 1/2 lemon

In a large skillet over medium heat melt the margarine. Add the chicken, onion, salt and pepper. Cook until the chicken is browned

on all sides. Add the wine, sherry, cream and lemon juice. Cover and simmer for 15 minutes or until the chicken is tender. Remove the cover and cook until the liquid has reduced by half. If necessary, add a little more cream to keep the sauce from becoming too thick. Serve the chicken and sauce over the chicken and serve.

Teriyaki-Lemon Chicken

Yield: 6 servings

Top the chicken with a slice of the lemon.

- 3 whole chicken breasts, boned, skinned, and split
- 1/4 cup all-purpose white flour
- 2 to 4 tablespoons unsalted butter
- 1/3 cup teriyaki sauce
- 3 tablespoons lemon juice
- 1 teaspoon minced garlic
- 1/2 teaspoon white sugar

Tortilla-Lemon Chicken (continued)

	1 lb.	2 lb.	3 lb.	4 lb.	5 lb.	6 lb.	7 lb.	8 lb.
chicken	1 lb.	2 lb.	3 lb.	4 lb.	5 lb.	6 lb.	7 lb.	8 lb.
soup	1 qt.	2 qt.	3 qt.	4 qt.	5 qt.	6 qt.	7 qt.	8 qt.
rice	1 qt.	2 qt.	3 qt.	4 qt.	5 qt.	6 qt.	7 qt.	8 qt.
water	1 qt.	2 qt.	3 qt.	4 qt.	5 qt.	6 qt.	7 qt.	8 qt.

the chicken is cooked through.

Chicken Hawaiian

Yield: 4 servings

Prep. Time: 15 min.

	1 lb.	2 lb.	3 lb.	4 lb.	5 lb.	6 lb.	7 lb.	8 lb.
chicken	1 lb.	2 lb.	3 lb.	4 lb.	5 lb.	6 lb.	7 lb.	8 lb.
water	1 qt.	2 qt.	3 qt.	4 qt.	5 qt.	6 qt.	7 qt.	8 qt.

Much like chicken

- 2 whole chicken breasts, boned, skinned, and split
- 1 can (15 or 20 ounces), pineapple chunks in juice
- 1/4 cup soy sauce
- 1/2 to 1 teaspoon ground ginger
- 3 tablespoons cornstarch

	1 lb.	2 lb.	3 lb.	4 lb.	5 lb.	6 lb.	7 lb.	8 lb.
chicken	1 lb.	2 lb.	3 lb.	4 lb.	5 lb.	6 lb.	7 lb.	8 lb.
water	1 qt.	2 qt.	3 qt.	4 qt.	5 qt.	6 qt.	7 qt.	8 qt.
pineapple	1/2 can	1 can	2 cans	3 cans	4 cans	5 cans	6 cans	7 cans
soy sauce	1/4 cup	1/2 cup	3/4 cup	1 cup	1 1/2 cups	2 cups	2 1/2 cups	3 cups
ginger	1/2 tsp.	1 tsp.	1 1/2 tsp.	2 tsp.	2 1/2 tsp.	3 tsp.	3 1/2 tsp.	4 tsp.
cornstarch	3 tbsp.	6 tbsp.	9 tbsp.	12 tbsp.	15 tbsp.	18 tbsp.	21 tbsp.	24 tbsp.
Total	1 lb.	2 lb.	3 lb.	4 lb.	5 lb.	6 lb.	7 lb.	8 lb.

Savory Buttermilk Chicken

4 to 6 servings

Prep time:
1 hour

- 1 1/2 cups all-purpose white flour
- 2/3 cup grated Parmesan cheese
- 3/4 teaspoon paprika
- 3/4 teaspoon dried oregano
- 1/4 teaspoon pepper
- 4 whole chicken breasts, skinned and split
- 1 cup buttermilk
- 1/4 to 1/2 cup (1/2 to 1 stick) butter, melted

For easy cleanup:

Preheat oven to 400°. Line cookie sheet with foil.

Cubed whole chicken baking sheets.

Turkey-Almond Casserole

6 to 8 servings

Brown &服地: M-3000; Instant Pot®: A-2000; Slow Cooker: C-2000

- 1/4 cup (1/2 stick) butter
- 1 1/4 cup all-purpose white flour
- 1 cup chicken broth
- 2/3 cup milk
- 2 tablespoons sherry
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 4 cups cubed cooked turkey or chicken
- 1 can (4 ounces) sliced mushrooms, drained
- 1 can (8 ounces) sliced water chestnuts, drained

Turbo-Almond Latte with a macadamia

- 2-3 cups slivered or whole almonds
1 medium-size onion, minced
paprika

Digitized by srujanika@gmail.com

Wild Rice and Turkey Casserole

טבון הדרש

- 1 cup wild rice
1/4 cup (1/2 stick) butter
16 ounces mushrooms, sliced
1/2 cup chopped onion
1-1/4 cups heavy cream
3 cups diced cooked turkey
1-2 cup blanched sliced almonds
3 cups chicken broth
salt and pepper to taste

Hour 10

Main Dishes with Meat

Party Casserole

Yield: 8 to 10 servings

1 lb. ground beef	1/2 cup water	1/2 cup milk	1/2 cup
1 lb. ground beef	1/2 cup water	1/2 cup milk	1/2 cup

- 8 ounces medium-wide spinach noodles
- 1 to 1 1/2 pounds ground beef
- 1 onion, finely chopped
- 2 cans (8 ounces each) tomato sauce
- 1/2 teaspoon dried oregano
- 1 package (8 ounces) cream cheese, at room temperature
- 1/4 cup sour cream
- 1 cup cottage cheese
- 3 scallions, finely chopped
- 1 teaspoon salt
- dash pepper
- 1/4 cup grated Parmesan cheese (optional)

1 lb. ground beef	1/2 cup water	1/2 cup milk	1/2 cup
1 lb. ground beef	1/2 cup water	1/2 cup milk	1/2 cup

Set aside.

1 lb. ground beef	1/2 cup water	1/2 cup milk	1/2 cup
1 lb. ground beef	1/2 cup water	1/2 cup milk	1/2 cup

Heat oil in large skillet over medium heat. Add ground beef; cook until browned. Drain. Add onions and cook until tender. Add tomato sauce and oregano; simmer 10 minutes. In large bowl, beat cream cheese until smooth. Add sour cream, cottage cheese, scallions, salt and pepper. Mix well. Add meat mixture and mix well. If desired, top with Parmesan cheese. Cover and refrigerate overnight.

1 lb. ground beef	1/2 cup water	1/2 cup milk	1/2 cup
1 lb. ground beef	1/2 cup water	1/2 cup milk	1/2 cup

Island Leryaki

Yield: 4 servings

Prep. time: 10 min.

- 1/2 cup soy sauce
- 1/4 cup brown sugar
- 2 tablespoons olive oil
- 1 teaspoon ground ginger
- 1/4 teaspoon cracked pepper
- 2 garlic cloves, minced
- 1 1/2 pounds beefstew (bottom, London broil, etc.)

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100	101	102	103	104	105	106	107	108	109	110	111	112	113	114	115	116	117	118	119	120	121	122	123	124	125	126	127	128	129	130	131	132	133	134	135	136	137	138	139	140	141	142	143	144	145	146	147	148	149	150	151	152	153	154	155	156	157	158	159	160	161	162	163	164	165	166	167	168	169	170	171	172	173	174	175	176	177	178	179	180	181	182	183	184	185	186	187	188	189	190	191	192	193	194	195	196	197	198	199	200	201	202	203	204	205	206	207	208	209	210	211	212	213	214	215	216	217	218	219	220	221	222	223	224	225	226	227	228	229	230	231	232	233	234	235	236	237	238	239	240	241	242	243	244	245	246	247	248	249	250	251	252	253	254	255	256	257	258	259	260	261	262	263	264	265	266	267	268	269	270	271	272	273	274	275	276	277	278	279	280	281	282	283	284	285	286	287	288	289	290	291	292	293	294	295	296	297	298	299	300	301	302	303	304	305	306	307	308	309	310	311	312	313	314	315	316	317	318	319	320	321	322	323	324	325	326	327	328	329	330	331	332	333	334	335	336	337	338	339	340	341	342	343	344	345	346	347	348	349	350	351	352	353	354	355	356	357	358	359	360	361	362	363	364	365	366	367	368	369	370	371	372	373	374	375	376	377	378	379	380	381	382	383	384	385	386	387	388	389	390	391	392	393	394	395	396	397	398	399	400	401	402	403	404	405	406	407	408	409	410	411	412	413	414	415	416	417	418	419	420	421	422	423	424	425	426	427	428	429	430	431	432	433	434	435	436	437	438	439	440	441	442	443	444	445	446	447	448	449	450	451	452	453	454	455	456	457	458	459	460	461	462	463	464	465	466	467	468	469	470	471	472	473	474	475	476	477	478	479	480	481	482	483	484	485	486	487	488	489	490	491	492	493	494	495	496	497	498	499	500	501	502	503	504	505	506	507	508	509	510	511	512	513	514	515	516	517	518	519	520	521	522	523	524	525	526	527	528	529	530	531	532	533	534	535	536	537	538	539	540	541	542	543	544	545	546	547	548	549	550	551	552	553	554	555	556	557	558	559	560	561	562	563	564	565	566	567	568	569	570	571	572	573	574	575	576	577	578	579	580	581	582	583	584	585	586	587	588	589	590	591	592	593	594	595	596	597	598	599	600	601	602	603	604	605	606	607	608	609	610	611	612	613	614	615	616	617	618	619	620	621	622	623	624	625	626	627	628	629	630	631	632	633	634	635	636	637	638	639	640	641	642	643	644	645	646	647	648	649	650	651	652	653	654	655	656	657	658	659	660	661	662	663	664	665	666	667	668	669	670	671	672	673	674	675	676	677	678	679	680	681	682	683	684	685	686	687	688	689	690	691	692	693	694	695	696	697	698	699	700	701	702	703	704	705	706	707	708	709	710	711	712	713	714	715	716	717	718	719	720	721	722	723	724	725	726	727	728	729	730	731	732	733	734	735	736	737	738	739	740	741	742	743	744	745	746	747	748	749	750	751	752	753	754	755	756	757	758	759	760	761	762	763	764	765	766	767	768	769	770	771	772	773	774	775	776	777	778	779	780	781	782	783	784	785	786	787	788	789	790	791	792	793	794	795	796	797	798	799	800	801	802	803	804	805	806	807	808	809	810	811	812	813	814	815	816	817	818	819	820	821	822	823	824	825	826	827	828	829	830	831	832	833	834	835	836	837	838	839	840	841	842	843	844	845	846	847	848	849	850	851	852	853	854	855	856	857	858	859	860	861	862	863	864	865	866	867	868	869	870	871	872	873	874	875	876	877	878	879	880	881	882	883	884	885	886	887	888	889	890	891	892	893	894	895	896	897	898	899	900	901	902	903	904	905	906	907	908	909	910	911	912	913	914	915	916	917	918	919	920	921	922	923	924	925	926	927	928	929	930	931	932	933	934	935	936	937	938	939	940	941	942	943	944	945	946	947	948	949	950	951	952	953	954	955	956	957	958	959	960	961	962	963	964	965	966	967	968	969	970	971	972	973	974	975	976	977	978	979	980	981	982	983	984	985	986	987	988	989	990	991	992	993	994	995	996	997	998	999	1000
---	---	---	---	---	---	---	---	---	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	------

Swedish Meatballs

Yield: 6 to 8 servings

Prep.

- 3 slices white bread
- 1/4 cup milk
- 1 small onion, finely chopped
- 2 eggs, lightly beaten
- 1/4 teaspoon sugar
- salt and pepper to taste
- 2 pounds ground beef
- 1/2 cup all purpose white flour
- 2 tablespoons margarine or vegetable oil

W.

Cook.

1 hr.

1 hour 10 minutes

10 minutes

Stuffed Shells

40 NUTRITION

Refrigerate and bake just before serving.

- 1 package (12 ounces) jumbo shells
- 1 pound ground beef
- 1 pound hot Italian sausage, casings removed
- 1 carton (15 ounces) ricotta or low fat cottage cheese
- 16 ounces mozzarella cheese, shredded (about 3 cups)
- garlic powder, oregano, basil, salt, and pepper to taste
- jar (14 ounces) spaghetti sauce
- grated Parmesan cheese
- chopped fresh parsley to garnish

Cover with cold water and set aside.

Beef 'N' Biscuit Casserole

40 NUTRITION

- 1 pound ground beef
- 1/2 cup chopped onion
- 1/4 cup diced green bell pepper
- 1 can (8 ounces) tomato sauce
- 2 teaspoons chili powder
- 1/2 teaspoon garlic salt
- 1 can (8 ounces) refrigerated buttermilk biscuits
- 1 1/2 cups grated Cheddar cheese
- 1/2 cup sour cream
- 1 egg, slightly beaten

Part 2: Periodic Oscillations

	1	2	3	4	5	6	7	8	9	10
1. <i>What is your gender?</i>	Male	Female	Other	Prefer not to say	Don't know	Don't answer	Refused	Not applicable	Don't know	Don't answer
2. <i>What is your age group?</i>	16-24	25-34	35-44	45-54	55-64	65-74	75-84	85+	Don't know	Don't answer
3. <i>What is your ethnicity?</i>	White	Black	Asian	Middle Eastern	Latin American	Other	Don't know	Don't answer	Don't know	Don't answer
4. <i>What is your education level?</i>	Primary school	Secondary school	Tertiary	Postgraduate	Don't know	Don't answer	Refused	Not applicable	Don't know	Don't answer
5. <i>What is your occupation?</i>	Student	Employed	Unemployed	Retired	Homemaker	Other	Don't know	Don't answer	Don't know	Don't answer
6. <i>What is your marital status?</i>	Married	Divorced	Widowed	Separated	Single	Don't know	Don't answer	Refused	Not applicable	Don't know
7. <i>What is your household income?</i>	Low	Medium	High	Very High	Don't know	Don't answer	Refused	Not applicable	Don't know	Don't answer
8. <i>What is your place of residence?</i>	Urban	Rural	Suburban	Don't know	Don't answer	Refused	Not applicable	Don't know	Don't answer	Don't know
9. <i>What is your religion?</i>	Christian	Muslim	Buddhist	Hindu	Jewish	Other	Don't know	Don't answer	Don't know	Don't answer
10. <i>What is your political affiliation?</i>	Conservative	Liberal	Independent	Don't know	Don't answer	Refused	Not applicable	Don't know	Don't answer	Don't know

七〇七山川の歴史と文化

He was born at 71 Newgate Street, London, on 10 January 1860, the son of John and Mary (née Smith) Morris. He had two brothers, John and Alfred, and a sister, Mary.

Step 30. Baitwedges until golden brown.

Seven-layer Dipper

Yield: 4 cups

1 pound ground beef
4 medium size potatoes, peeled and sliced
1 cup oil ad onions
1/2 cup uncooked rice
1 can 14 1/2 ounce diced tomatoes
1 green bell pepper sliced
1 stalk celery, sliced
1 cup sliced mushrooms
4 slices bacon
cold water

representative. Purchase the oven to 150° F.

Sweet-and-Sour Meatballs

Yield: 4 to 6 servings

Preparation time: 1 hour
Cooking time: 20 minutes
Storage: 1 week
Freezing: Yes

- 2 pounds lean ground beef**
1 cup cornflake crumbs
1/3 cup dried parsley
2 eggs, lightly beaten
2 teaspoons soy sauce
1/4 cup ketchup
2 teaspoons minced onion
2 tablespoons solid vegetable shortening
1 can (16 ounces) whole berry cranberry sauce
1 bottle (12 ounces) chili sauce
2 teaspoons brown sugar
1 teaspoon lemon juice

Preheat oven to 350° F. In a large bowl, mix all ingredients except meat and garnish.

Form meat into 1 1/2-inch balls. Place on a cookie sheet and bake for 20 minutes.

In a large skillet, heat oil over medium heat. Add meatballs and cook until browned.

In a small bowl, mix together cranberry sauce, chili sauce, brown sugar, and lemon juice.

Pour over meatballs and continue cooking for another 10 minutes.

Turn meatballs onto a platter and garnish with sliced green onions.

Cool for 10 minutes and serve hot.

Chinese Rice

Yield: 4 to 6 servings

Preparation time: 15 minutes
Cooking time: 15 minutes
Storage: 1 week
Freezing: No

- 2 tablespoons vegetable oil**
1 cup chopped cooked meat
4 cups cooked white rice (2 cups uncooked)
1 1/2 cup canned sliced mushrooms, drained
1 1/2 tablespoons chopped scallions

- 1 red bell pepper, diced
2 tomatoes, diced
1 hard-boiled egg, sliced
2 to 3 tablespoons soy sauce (or more to taste)
2 to 3 tablespoons brown sugar
1/4 teaspoon celery seeds

Ruth's Lasagna

יִשְׂרָאֵל מְנוּחָה

11

- 16 ounces dried lasagna noodles
1 1/4 pounds chuck, chopped
1 bottle (16 ounces) spaghetti sauce with mushrooms
1 tablespoon white sugar
1 1/2 pounds cottage cheese
3 eggs, lightly beaten
1/4 teaspoon cayenne pepper
3/4 pound mozzarella cheese, shredded
grated Parmesan cheese
1 cup milk**

and the following portion of the original introduction being substituted or omitted: "The author wishes to thank Mr. Frank J. Brinkley, Mr. Charles H. Clegg, Mr. G. W. Ladd, and Mr. W. H. M. Smith for permission to publish his notes and sketches from his field work in the area, and for their valuable assistance in the preparation of the maps."

During the period from 1990 to 1994, the number of foreign tourists increased by 10.5% per year, while the number of Chinese tourists increased by 12.5% per year. The growth rate of foreign tourists was higher than that of Chinese tourists.

Barbecued Meat Loaves

Yield: 4 servings

Preparation time: 15 minutes
Cooking time: 1 hour

Meat Loaf mix:

- 1 pound lean ground beef
- 1 egg, lightly beaten
- 1/4 cup fine dry bread crumbs or cornflake crumbs
- 1 tablespoon dried parsley
- 1/4 cup water
- 2 tablespoons chopped onion
- 2 tablespoons prepared horseradish
- 1 teaspoon salt
- 1/8 teaspoon pepper

Sauce:

- 1/2 cup chili sauce
- 3 tablespoons ketchup
- 1 teaspoon Worcestershire sauce
- 1/2 teaspoon dry mustard
- dash Tabasco sauce

Apple Glazed Pork Tenderloin

Yield: 6 to 8 servings

Preparation time: 30 minutes

Simple, elegant with a wonderful flavor

- 2 whole pork tenderloins (each about 3/4 pound)
- 1/2 cup bourbon
- 1/2 cup unfiltered apple cider
- 1/4 cup firmly packed brown sugar
- 1/8 teaspoon cinnamon

1

1	1	1	1	1	1	1
1	1	1	1	1	1	1
1	1	1	1	1	1	1
1	1	1	1	1	1	1
1	1	1	1	1	1	1

Preheat oven to 350°. Bake for 30 minutes before serving.

Shredded Potato and Ham Pie

Serves 6

4 eggs, lightly beaten

1 cup frozen green beans and carrots

1 cup chopped cooked ham

1 1/2 cups shredded Cheddar cheese (6 ounces)

1/2 cup milk

1/4 teaspoon dried minced onion or 1 tablespoon
minced fresh onion2 medium-size potatoes, peeled and shredded
(about 3 cups)

well. Set aside.

1	1	1	1	1	1	1
1	1	1	1	1	1	1
1	1	1	1	1	1	1
1	1	1	1	1	1	1
1	1	1	1	1	1	1

SERVE HOT.

Cranberry Pork Chops

4 servings

Preparation time: 10 minutes

- 4 thick-cut pork chops
- 1 can (16 ounces) whole-berry cranberry sauce
- 1 tablespoon honey
- 1/4 teaspoon ground cloves
- 4 orange slices with peel, to garnish (optional)

Preheat the oven to 350°. Place the chops in a shallow baking dish. Mix the honey and ground cloves together. Pour over the chops. Bake for 20 minutes. Garnish with the orange slices.

Hot Peppered Lamb

4 servings

Preparation time:

4 lbs lamb shoulder or leg, cut into 1/2-in. cubes
salt to taste

- 1/4 cup (1/2 stick) butter
- 1/3 cup hopped sweet or hot pepper
- 1 medium-size onion, chopped
- 1 cup chopped fresh mushrooms
- 2 garlic cloves, minced
- 1/2 teaspoon curry powder
- 1/2 teaspoon salt
- black pepper to taste
- 1 1/2 cups diced cooked lamb

lb	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100
lb	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100

Cheat Pie

Yield: 6 servings

Otis, Clarendon, Maine

1990-91 Better Homes & Gardens

Filling:

- 3 tablespoons vegetable oil
- 1 1/2 pounds lamb, beef, pork, or veal, diced
- 1 large onion, chopped
- 2 cups peeled and diced potatoes
- 2 cups diced turnips
- 1 cup sliced carrots
- 1 cup water
- 1 tablespoon salt (or to taste)
- 1/8 teaspoon pepper

Crust:

- 1 1/2 cups all-purpose white flour
- 1 tablespoon baking powder
- 1 teaspoon salt
- 3 tablespoons butter or solid vegetable shortening
- 3/4 cup milk (can use skim or low fat)

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100	101	102	103	104	105	106	107	108	109	110	111	112	113	114	115	116	117	118	119	120	121	122	123	124	125	126	127	128	129	130	131	132	133	134	135	136	137	138	139	140	141	142	143	144	145	146	147	148	149	150	151	152	153	154	155	156	157	158	159	160	161	162	163	164	165	166	167	168	169	170	171	172	173	174	175	176	177	178	179	180	181	182	183	184	185	186	187	188	189	190	191	192	193	194	195	196	197	198	199	200	201	202	203	204	205	206	207	208	209	210	211	212	213	214	215	216	217	218	219	220	221	222	223	224	225	226	227	228	229	230	231	232	233	234	235	236	237	238	239	240	241	242	243	244	245	246	247	248	249	250	251	252	253	254	255	256	257	258	259	260	261	262	263	264	265	266	267	268	269	270	271	272	273	274	275	276	277	278	279	280	281	282	283	284	285	286	287	288	289	290	291	292	293	294	295	296	297	298	299	300	301	302	303	304	305	306	307	308	309	310	311	312	313	314	315	316	317	318	319	320	321	322	323	324	325	326	327	328	329	330	331	332	333	334	335	336	337	338	339	340	341	342	343	344	345	346	347	348	349	350	351	352	353	354	355	356	357	358	359	360	361	362	363	364	365	366	367	368	369	370	371	372	373	374	375	376	377	378	379	380	381	382	383	384	385	386	387	388	389	390	391	392	393	394	395	396	397	398	399	400	401	402	403	404	405	406	407	408	409	410	411	412	413	414	415	416	417	418	419	420	421	422	423	424	425	426	427	428	429	430	431	432	433	434	435	436	437	438	439	440	441	442	443	444	445	446	447	448	449	450	451	452	453	454	455	456	457	458	459	460	461	462	463	464	465	466	467	468	469	470	471	472	473	474	475	476	477	478	479	480	481	482	483	484	485	486	487	488	489	490	491	492	493	494	495	496	497	498	499	500	501	502	503	504	505	506	507	508	509	510	511	512	513	514	515	516	517	518	519	520	521	522	523	524	525	526	527	528	529	530	531	532	533	534	535	536	537	538	539	540	541	542	543	544	545	546	547	548	549	550	551	552	553	554	555	556	557	558	559	560	561	562	563	564	565	566	567	568	569	570	571	572	573	574	575	576	577	578	579	580	581	582	583	584	585	586	587	588	589	590	591	592	593	594	595	596	597	598	599	600	601	602	603	604	605	606	607	608	609	610	611	612	613	614	615	616	617	618	619	620	621	622	623	624	625	626	627	628	629	630	631	632	633	634	635	636	637	638	639	640	641	642	643	644	645	646	647	648	649	650	651	652	653	654	655	656	657	658	659	660	661	662	663	664	665	666	667	668	669	670	671	672	673	674	675	676	677	678	679	680	681	682	683	684	685	686	687	688	689	690	691	692	693	694	695	696	697	698	699	700	701	702	703	704	705	706	707	708	709	710	711	712	713	714	715	716	717	718	719	720	721	722	723	724	725	726	727	728	729	730	731	732	733	734	735	736	737	738	739	740	741	742	743	744	745	746	747	748	749	750	751	752	753	754	755	756	757	758	759	760	761	762	763	764	765	766	767	768	769	770	771	772	773	774	775	776	777	778	779	780	781	782	783	784	785	786	787	788	789	790	791	792	793	794	795	796	797	798	799	800	801	802	803	804	805	806	807	808	809	810	811	812	813	814	815	816	817	818	819	820	821	822	823	824	825	826	827	828	829	830	831	832	833	834	835	836	837	838	839	840	841	842	843	844	845	846	847	848	849	850	851	852	853	854	855	856	857	858	859	860	861	862	863	864	865	866	867	868	869	870	871	872	873	874	875	876	877	878	879	880	881	882	883	884	885	886	887	888	889	890	891	892	893	894	895	896	897	898	899	900	901	902	903	904	905	906	907	908	909	910	911	912	913	914	915	916	917	918	919	920	921	922	923	924	925	926	927	928	929	930	931	932	933	934	935	936	937	938	939	940	941	942	943	944	945	946	947	948	949	950	951	952	953	954	955	956	957	958	959	960	961	962	963	964	965	966	967	968	969	970	971	972	973	974	975	976	977	978	979	980	981	982	983	984	985	986	987	988	989	990	991	992	993	994	995	996	997	998	999	1000	1001	1002	1003	1004	1005	1006	1007	1008	1009	1010	1011	1012	1013	1014	1015	1016	1017	1018	1019	1020	1021	1022	1023	1024	1025	1026	1027	1028	1029	1030	1031	1032	1033	1034	1035	1036	1037	1038	1039	1040	1041	1042	1043	1044	1045	1046	1047	1048	1049	1050	1051	1052	1053	1054	1055	1056	1057	1058	1059	1060	1061	1062	1063	1064	1065	1066	1067	1068	1069	1070	1071	1072	1073	1074	1075	1076	1077	1078	1079	1080	1081	1082	1083	1084	1085	1086	1087	1088	1089	1090	1091	1092	1093	1094	1095	1096	1097	1098	1099	1100	1101	1102	1103	1104	1105	1106	1107	1108	1109	1110	1111	1112	1113	1114	1115	1116	1117	1118	1119	1120	1121	1122	1123	1124	1125	1126	1127	1128	1129	1130	1131	1132	1133	1134	1135	1136	1137	1138	1139	1140	1141	1142	1143	1144	1145	1146	1147	1148	1149	1150	1151	1152	1153	1154	1155	1156	1157	1158	1159	1160	1161	1162	1163	1164	1165	1166	1167	1168	1169	1170	1171	1172	1173	1174	1175	1176	1177	1178	1179	1180	1181	1182	1183	1184	1185	1186	1187	1188	1189	1190	1191	1192	1193	1194	1195	1196	1197	1198	1199	1200	1201	1202	1203	1204	1205	1206	1207	1208	1209	1210	1211	1212	1213	1214	1215	1216	1217	1218	1219	1220	1221	1222	1223	1224	1225	1226	1227	1228	1229	1230	1231	1232	1233	1234	1235	1236	1237	1238	1239	1240	1241	1242	1243	1244	1245	1246	1247	1248	1249	1250	1251	1252	1253	1254	1255	1256	1257	1258	1259	1260	1261	1262	1263	1264	1265	1266	1267	1268	1269	1270	1271	1272	1273	1274	1275	1276	1277	1278	1279	1280	1281	1282	1283	1284	1285	1286	1287	1288	1289	1290	1291	1292	1293	1294	1295	1296	1297	1298	1299	1300	1301	1302	1303	1304	1305	1306	1307	1308	1309	1310	1311	1312	1313	1314	1315	1316	1317	1318	1319	1320	1321	1322	1323	1324	1325	1326	1327	1328	1329	1330	1331	1332	1333	1334	1335	1336	1337	1338	1339	1340	1341	1342	1343	1344	1345	1346	1347	1348	1349	1350	1351	1352	1353	1354	1355	1356	1357	1358	1359	1360	1361	1362	1363	1364	1365	1366	1367	1368	1369	1370	1371	1372	1373	1374	1375	1376	1377	1378	1379	1380	1381	1382	1383	1384	1385	1386	1387	1388	1389	1390	1391	1392	1393	1394	1395	1396	1397	1398	1399	1400	1401	1402	1403	1404	1405	1406	1407	1408	1409	1410	1411	1412	1413	1414	1415	1416	1417	1418	1419	1420	1421	1422	1423	1424	1425	1426	1427	1428	1429	1430	1431	1432	1433	1434	1435	1436	1437	1438	1439	1440	1441	1442	14

Vegetables & Side Dishes

Green Beans Vietnamese

6 SERVINGS

reheated at the last minute in the oven or microwave.

- 1 package (16 ounces) frozen cut green beans
- 1 tablespoon butter
- 1/4 cup chopped onion
- 1 tablespoon all-purpose white flour
- 1 teaspoon salt
- dash pepper
- 2 cups chicken broth
- 2 tablespoons snipped fresh parsley
- 1 tablespoon vinegar
- 1/4 teaspoon dried dillweed
- 1/3 cup soft cream

article

item	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100	101	102	103	104	105	106	107	108	109	110	111	112	113	114	115	116	117	118	119	120	121	122	123	124	125	126	127	128	129	130	131	132	133	134	135	136	137	138	139	140	141	142	143	144	145	146	147	148	149	150	151	152	153	154	155	156	157	158	159	160	161	162	163	164	165	166	167	168	169	170	171	172	173	174	175	176	177	178	179	180	181	182	183	184	185	186	187	188	189	190	191	192	193	194	195	196	197	198	199	200	201	202	203	204	205	206	207	208	209	210	211	212	213	214	215	216	217	218	219	220	221	222	223	224	225	226	227	228	229	230	231	232	233	234	235	236	237	238	239	240	241	242	243	244	245	246	247	248	249	250	251	252	253	254	255	256	257	258	259	260	261	262	263	264	265	266	267	268	269	270	271	272	273	274	275	276	277	278	279	280	281	282	283	284	285	286	287	288	289	290	291	292	293	294	295	296	297	298	299	300	301	302	303	304	305	306	307	308	309	310	311	312	313	314	315	316	317	318	319	320	321	322	323	324	325	326	327	328	329	330	331	332	333	334	335	336	337	338	339	340	341	342	343	344	345	346	347	348	349	350	351	352	353	354	355	356	357	358	359	360	361	362	363	364	365	366	367	368	369	370	371	372	373	374	375	376	377	378	379	380	381	382	383	384	385	386	387	388	389	390	391	392	393	394	395	396	397	398	399	400	401	402	403	404	405	406	407	408	409	410	411	412	413	414	415	416	417	418	419	420	421	422	423	424	425	426	427	428	429	430	431	432	433	434	435	436	437	438	439	440	441	442	443	444	445	446	447	448	449	450	451	452	453	454	455	456	457	458	459	460	461	462	463	464	465	466	467	468	469	470	471	472	473	474	475	476	477	478	479	480	481	482	483	484	485	486	487	488	489	490	491	492	493	494	495	496	497	498	499	500	501	502	503	504	505	506	507	508	509	510	511	512	513	514	515	516	517	518	519	520	521	522	523	524	525	526	527	528	529	530	531	532	533	534	535	536	537	538	539	540	541	542	543	544	545	546	547	548	549	550	551	552	553	554	555	556	557	558	559	560	561	562	563	564	565	566	567	568	569	570	571	572	573	574	575	576	577	578	579	580	581	582	583	584	585	586	587	588	589	590	591	592	593	594	595	596	597	598	599	600	601	602	603	604	605	606	607	608	609	610	611	612	613	614	615	616	617	618	619	620	621	622	623	624	625	626	627	628	629	630	631	632	633	634	635	636	637	638	639	640	641	642	643	644	645	646	647	648	649	650	651	652	653	654	655	656	657	658	659	660	661	662	663	664	665	666	667	668	669	670	671	672	673	674	675	676	677	678	679	680	681	682	683	684	685	686	687	688	689	690	691	692	693	694	695	696	697	698	699	700	701	702	703	704	705	706	707	708	709	710	711	712	713	714	715	716	717	718	719	720	721	722	723	724	725	726	727	728	729	730	731	732	733	734	735	736	737	738	739	740	741	742	743	744	745	746	747	748	749	750	751	752	753	754	755	756	757	758	759	760	761	762	763	764	765	766	767	768	769	770	771	772	773	774	775	776	777	778	779	780	781	782	783	784	785	786	787	788	789	790	791	792	793	794	795	796	797	798	799	800	801	802	803	804	805	806	807	808	809	810	811	812	813	814	815	816	817	818	819	820	821	822	823	824	825	826	827	828	829	830	831	832	833	834	835	836	837	838	839	840	841	842	843	844	845	846	847	848	849	850	851	852	853	854	855	856	857	858	859	860	861	862	863	864	865	866	867	868	869	870	871	872	873	874	875	876	877	878	879	880	881	882	883	884	885	886	887	888	889	890	891	892	893	894	895	896	897	898	899	900	901	902	903	904	905	906	907	908	909	910	911	912	913	914	915	916	917	918	919	920	921	922	923	924	925	926	927	928	929	930	931	932	933	934	935	936	937	938	939	940	941	942	943	944	945	946	947	948	949	950	951	952	953	954	955	956	957	958	959	960	961	962	963	964	965	966	967	968	969	970	971	972	973	974	975	976	977	978	979	980	981	982	983	984	985	986	987	988	989	990	991	992	993	994	995	996	997	998	999	1000

simultaneously, until heated through.

Fluffy Brussels Sprouts

卷之三

**1 package (10 ounces each) frozen brussels sprouts
1-4 cup (1/2 stick) margarine or butter
3/4 cup chopped walnuts
3/4 teaspoon salt
1/2 teaspoon ground pepper**

and from well-known lists.

Common Carrots

Digitized by srujanika@gmail.com

For more information about the program, contact the Office of the Vice President for Research.

4 cups flour
1 cup sugar
1/2 cup shortening
1 egg
1/2 cup milk
1/2 cup boiling water

pile or balloon dish.

After a 10-minutes rest, the following results were obtained:

Curried Carrots

Yield: 6 servings

Preparation time: 10 minutes

- 1 pound carrots, sliced 1 inch thick
- 2 tablespoons butter
- 2 to 3 teaspoons curry powder
- 1/4 teaspoon pepper
- 1 tablespoon lemon juice
- 1 tablespoon honey
- 1/3 cup chopped pecans or walnuts

Calories	Protein	Fat	Carbohydrates	Dietary Fiber	Sugars	Niacin	Riboflavin	Thiamine	Vitamin A	Vitamin C	Vitamin E
110	2.0	10.0	18.0	0.0	1.0	0.0	0.0	0.0	100	100	100
110	2.0	10.0	18.0	0.0	1.0	0.0	0.0	0.0	100	100	100

Mix all ingredients well and serve immediately.

Scalloped Spinach

Yield: 6 to 8 servings

Preparation time: 10 minutes
Cooking time: 30 minutes

- 1 package (16 ounces each) frozen chopped spinach
- 1/2 to 1 package dry onion soup mix
- 1 cup sour cream
- bread crumbs
- butter
- 1-4 cup grated Parmesan cheese

Calories	Protein	Fat	Carbohydrates	Dietary Fiber	Sugars	Niacin	Riboflavin	Thiamine	Vitamin A	Vitamin C	Vitamin E
210	4.0	10.0	30.0	0.0	0.0	0.0	0.0	0.0	100	100	100
210	4.0	10.0	30.0	0.0	0.0	0.0	0.0	0.0	100	100	100
210	4.0	10.0	30.0	0.0	0.0	0.0	0.0	0.0	100	100	100

Baked summer Squash

Yield: 6 servings

Time to ready to bake it:

- 3 pounds yellow squash or zucchini
- 1/2 cup (1 stick) butter melted
- 1/2 cup chopped onion
- 2 eggs, lightly beaten
- 1 tablespoon sugar
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1 cup fresh bread crumbs

Preheat oven to 375°F.

Peel and cube the squash. Sauté onion in butter until soft. Add eggs, sugar, salt, pepper and bread crumbs. Mix well.

Maple Nut Winter Squash

Yield: 6 servings

Very easy and very tasty

- 2 large buttercup or medium-size butternut squash
- 1/3 cup maple sugar or brown sugar
- 1/3 cup margarine or butter, at room temperature
- 1/2 to 3/4 cup chopped nuts (walnuts, pecans or hickory nuts)

Peel and cube the squash. Sauté onion in butter until soft. Add eggs, sugar, salt, pepper and bread crumbs. Mix well.

Golden Potato Squares

Yield: 12

Prep: 20 min.

Time: 1 hour, 15 min.

Calories: 210 per square

- 5 pounds potatoes**
2/3 cup butter, melted
1 cup chopped onion
1 can (12 ounces) evaporated milk
4 eggs, beaten
2 1/2 teaspoons salt
1/4 teaspoon pepper
2 1/4 cups shredded Cheddar cheese

Preheat oven to 350° F. Grease a 9x13-inch baking dish.

Peel and dice potatoes; boil until tender. Drain; cool slightly.

Heat

Electric	Gas	Stovetop	Broil	Convection	Grill
100° F.	100° F.	Low	Low	100° F.	100° F.
125° F.	125° F.	Medium	Medium	125° F.	125° F.
150° F.	150° F.	High	High	150° F.	150° F.
175° F.	175° F.	Very High	Very High	175° F.	175° F.
200° F.	200° F.	Off	Off	200° F.	200° F.

Orange-Glazed Sweet Potatoes

Yield: 6 servings

Preheat oven to 375° F. Grease a 9x13-inch baking dish.

- 6 sweet potatoes or 1 can (15 ounces) vacuum-packed sweet potatoes (no syrup)**
3 tablespoons butter
1 tablespoon cornstarch
2 cups orange juice
1/3 cup white sugar
1/3 cup light brown sugar
pinch salt

Zucchini Provencal

1 hour 20 min. 20

- 3 tablespoons olive oil
- 2/3 cup chopped onion
- 4 ounces mushrooms, sliced
- 8 to 10 small zucchini (1 1/2 pounds), sliced 1/4 inch thick
- 2/3 cup grated Parmesan cheese (3 ounces)
- 2 cans (6 ounces each) tomato paste
- 1 garlic clove, minced
- 1 teaspoon salt
- 1/8 teaspoon pepper

Bake at the oven to 350°F.

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
1																				
2																				
3																				
4																				
5																				
6																				
7																				
8																				
9																				
10																				
11																				
12																				
13																				
14																				
15																				
16																				
17																				
18																				
19																				
20																				

until heated through. Serve hot.

Breads & Muffins

Dill Bread

Yvonne E. Knott

A delicious yeast bread.

- 1 package active dry yeast
- 1/4 cup warm water
- 1 cup drained cottage cheese
- 2 tablespoons honey
- 1 tablespoon chopped onion
- 1 tablespoon butter
- 3 tablespoons dried dillweed, dill seed, or a combination of both
- 1 teaspoon baking soda
- 1 egg, slightly beaten
- 2-1/2 cups all-purpose white flour
- melted butter to glaze

In a small bowl, pour yeast over warm water. When bubbly, add honey, onion, butter, dillweed, baking soda, egg, and enough flour to make a soft dough. Knead for 5 to 10 minutes.

Divide dough in half. Shape each half into a 12x4x2 inch loaf. Place on greased cookie sheets. Cover with plastic wrap and let rise until doubled in size. Preheat oven to 375°. Bake for 30 to 35 minutes. Remove from oven and brush with melted butter. Cool on wire racks.

Swedish Rye Bread

Yield: 3 loaves

2 packages active dry yeast
and one small loaf

2 packages active dry yeast
4 tablespoons white sugar
1/2 cup warm water
2 cups hot water
1 cup cold water
1 cup milk
3 cups rye flour
9 to 10 cups all-purpose white flour
1 tablespoon salt
1/2 cup solid vegetable shortening, melted
1 cup (overflowing) molasses
Melted butter or margarine to glaze

INCHES	MM	FLUID OUNCES	TABLESPOONS	TEASPOONS	GRAMS	TEASPOONS	GRAMS
1	25	1	16	4	25	1	25
1 1/2	38	2	32	8	50	2	50
2	51	3	48	12	75	3	75
2 1/2	64	4	64	16	100	4	100
3	76	5	80	20	125	5	125
3 1/2	89	6	96	24	150	6	150
4	102	7	112	32	175	7	175
4 1/2	115	8	128	40	200	8	200
5	127	9	144	48	225	9	225
5 1/2	140	10	160	56	250	10	250
6	153	11	176	64	275	11	275
6 1/2	166	12	192	72	300	12	300
7	179	13	208	80	325	13	325
7 1/2	192	14	224	88	350	14	350
8	205	15	240	96	375	15	375
8 1/2	218	16	256	104	400	16	400
9	231	17	272	112	425	17	425
9 1/2	244	18	288	120	450	18	450
10	257	19	304	128	475	19	475
10 1/2	270	20	320	136	500	20	500
11	283	21	336	144	525	21	525
11 1/2	296	22	352	152	550	22	550
12	309	23	368	160	575	23	575
12 1/2	322	24	384	168	600	24	600
13	335	25	400	176	625	25	625
13 1/2	348	26	416	184	650	26	650
14	361	27	432	192	675	27	675
14 1/2	374	28	448	200	700	28	700
15	387	29	464	208	725	29	725
15 1/2	400	30	480	216	750	30	750
16	413	31	496	224	775	31	775
16 1/2	426	32	512	232	800	32	800
17	439	33	528	240	825	33	825
17 1/2	452	34	544	248	850	34	850
18	465	35	560	256	875	35	875
18 1/2	478	36	576	264	900	36	900
19	491	37	592	272	925	37	925
19 1/2	504	38	608	280	950	38	950
20	517	39	624	288	975	39	975
20 1/2	530	40	640	296	1000	40	1000
21	543	41	656	304	1025	41	1025
21 1/2	556	42	672	312	1050	42	1050
22	569	43	688	320	1075	43	1075
22 1/2	582	44	704	328	1100	44	1100
23	595	45	720	336	1125	45	1125
23 1/2	608	46	736	344	1150	46	1150
24	621	47	752	352	1175	47	1175
24 1/2	634	48	768	360	1200	48	1200
25	647	49	784	368	1225	49	1225
25 1/2	660	50	800	376	1250	50	1250
26	673	51	816	384	1275	51	1275
26 1/2	686	52	832	392	1300	52	1300
27	699	53	848	400	1325	53	1325
27 1/2	712	54	864	408	1350	54	1350
28	725	55	880	416	1375	55	1375
28 1/2	738	56	896	424	1400	56	1400
29	751	57	912	432	1425	57	1425
29 1/2	764	58	928	440	1450	58	1450
30	777	59	944	448	1475	59	1475
30 1/2	790	60	960	456	1500	60	1500
31	803	61	976	464	1525	61	1525
31 1/2	816	62	992	472	1550	62	1550
32	829	63	1008	480	1575	63	1575
32 1/2	842	64	1024	488	1600	64	1600
33	855	65	1040	496	1625	65	1625
33 1/2	868	66	1056	504	1650	66	1650
34	881	67	1072	512	1675	67	1675
34 1/2	894	68	1088	520	1700	68	1700
35	907	69	1104	528	1725	69	1725
35 1/2	920	70	1120	536	1750	70	1750
36	933	71	1136	544	1775	71	1775
36 1/2	946	72	1152	552	1800	72	1800
37	959	73	1168	560	1825	73	1825
37 1/2	972	74	1184	568	1850	74	1850
38	985	75	1200	576	1875	75	1875
38 1/2	998	76	1216	584	1900	76	1900
39	1011	77	1232	592	1925	77	1925
39 1/2	1024	78	1248	600	1950	78	1950
40	1037	79	1264	608	1975	79	1975
40 1/2	1050	80	1280	616	2000	80	2000
41	1063	81	1296	624	2025	81	2025
41 1/2	1076	82	1312	632	2050	82	2050
42	1089	83	1328	640	2075	83	2075
42 1/2	1102	84	1344	648	2100	84	2100
43	1115	85	1360	656	2125	85	2125
43 1/2	1128	86	1376	664	2150	86	2150
44	1141	87	1392	672	2175	87	2175
44 1/2	1154	88	1408	680	2200	88	2200
45	1167	89	1424	688	2225	89	2225
45 1/2	1180	90	1440	696	2250	90	2250
46	1193	91	1456	704	2275	91	2275
46 1/2	1206	92	1472	712	2300	92	2300
47	1219	93	1488	720	2325	93	2325
47 1/2	1232	94	1504	728	2350	94	2350
48	1245	95	1520	736	2375	95	2375
48 1/2	1258	96	1536	744	2400	96	2400
49	1271	97	1552	752	2425	97	2425
49 1/2	1284	98	1568	760	2450	98	2450
50	1297	99	1584	768	2475	99	2475
50 1/2	1310	100	1600	776	2500	100	2500
51	1323	101	1616	784	2525	101	2525
51 1/2	1336	102	1632	792	2550	102	2550
52	1349	103	1648	800	2575	103	2575
52 1/2	1362	104	1664	808	2600	104	2600
53	1375	105	1680	816	2625	105	2625
53 1/2	1388	106	1696	824	2650	106	2650
54	1401	107	1712	832	2675	107	2675
54 1/2	1414	108	1728	840	2700	108	2700
55	1427	109	1744	848	2725	109	2725
55 1/2	1440	110	1760	856	2750	110	2750
56	1453	111	1776	864	2775	111	2775
56 1/2	1466	112	1792	872	2800	112	2800
57	1479	113	1808	880	2825	113	2825
57 1/2	1492	114	1824	888	2850	114	2850
58	1505	115	1840	896	2875	115	2875
58 1/2	1518	116	1856	904	2900	116	2900
59	1531	117	1872	912	2925	117	2925
59 1/2	1544	118	1888	920	2950	118	2950
60	1557	119	1904	928	2975	119	2975
60 1/2	1570	120	1920	936	3000	120	3000
61	1583	121	1936	944	3025	121	3025
61 1/2	1596	122	1952	952	3050	122	3050
62	1609	123	1968	960	3075	123	3075
62 1/2	1622	124	1984	968	3100	124	3100
63	1635	125	2000	976	3125	125	3125
63 1/2	1648	126	2016	984	3150	126	3150
64	1661	127	2032	992	3175	127	3175
64 1/2	1674	128	2048	1000	3200	128	3200
65	1687	129	2064	1008	3225	129	3225
65 1/2	1700	130	2080	1016	3250	130	3250
66	1713	131	2096	1024	3275	131	3275
66 1/2	1726	132	2112	1032	3300	132	3300
67	1739	133	2128	1040	3325	133	3325
67 1/2	1752	134	2144	1048	3350	134	3350
68	1765	135	2160	1056	3375	135	3375
68 1/2	1778	136	2176	1064	3400	136	3400
69	1791	137	2192	1072	3425	137	3425
69 1/2	1804	138	2208	1080	3450	138	3450
70	1817	139	2224	1088	3475	139	3475
70 1/2	1830	140	2240	1096	3500	140	3500
71	1843	141	2256	1104	3525	141	3525
71 1/2	1856	142	2272	1112	3550	142	3550
72	1869	143	2288	1120	3575	143	3575
72 1/2	1882	144	2304	1128	3600	144	3600
73	1895	145	2320	1136	3625	145	3625
73 1/2	1908	146	2336	1144	3650	146	3650
74	1921	147	2352	1152	3675	147	3675
74 1/2	1934	148	2368	1160	3700	148	3700
75	1947	149	2384	1168	3725	149	3725
75 1/2	1960	150	2400	1176	3750	150	3750
76	1973	151	2416	1184	3775	151	3775
76 1/2	1986	152	2432	1192	3800	152	3800
77	1999	153	2448	1200	3825	153	3825
77 1/2	2012	154	2464	1208	3850	154	3850
78	2025	155	2480	1216	3875	155	3875
78 1/2	2038	156	2496	1224	3900	156	3900
79	2051	157	2512	1232	3925	157	3925
79 1/2	2064	158	2528	1240	3950	158	3950
80	2077	159	2544	1248	3975	159	3975
80 1/2	2090	160	2560	1256	4000	160	4000
81	2103	161	2576	1264	4025	161	4025
81 1/2	2116	162	2592	1272	4050	162	4050
82	2129	163	2608	1280	4075	163	4075
82 1/2	2142	164	2624	1288	4100	164	4100
83	2155	165	2640	1296	4125	165	4125
83 1/2	2168	166	2656	1304	4150	166	4150
84	2181	167	2672	1312	4175	167	4175
84 1/2	2194	168	2688				

Super Bran Bread

Mrs. E. Miller

2 cups All-bran cereal
1 1/3 cup solid vegetable shortening
1/4 cup molasses
1 1/2 cups boiling water
2 eggs
2 cups bread flour
2 teaspoons baking soda
1/2 teaspoon salt
1 teaspoon ground cinnamon

Pour into the prepared pan.

Double Corn Bread

1 cup all-purpose white flour
1 cup yellow cornmeal
4 teaspoons baking powder
1/2 teaspoon salt
4 tablespoons white sugar (or more or less to taste)
1 can (11 ounces) corn
approximately 3-4 cup milk
1 egg, slightly beaten
1/4 cup (1/2 stick) butter or margarine, melted

Tumble Corn Bread

Year	Population	Area (sq km)	Density (per sq km)
1950	10,000,000	100,000	100
1960	20,000,000	100,000	200
1970	30,000,000	100,000	300
1980	40,000,000	100,000	400
1990	50,000,000	100,000	500
2000	60,000,000	100,000	600
2010	70,000,000	100,000	700
2020	80,000,000	100,000	800
2030	90,000,000	100,000	900
2040	100,000,000	100,000	1000
2050	110,000,000	100,000	1100
2060	120,000,000	100,000	1200
2070	130,000,000	100,000	1300
2080	140,000,000	100,000	1400
2090	150,000,000	100,000	1500
2100	160,000,000	100,000	1600

Strawberry Bread

卷之三

Percent for Number of firms

1 cup (2 sticks) butter, at room temperature
1-1/3 cups white sugar
1 teaspoon vanilla extract
1/4 teaspoon lemon extract
4 eggs
3 cups all-purpose white flour
1 teaspoon salt
1/2 teaspoon baking soda
1 teaspoon cream of tartar
1 cup strawberry preserves
1/2 cup sour cream
1 cup chopped nuts

ANSWER: Seven into the last seven

to cool cathode by

Cardamom Coffee Bread

Yield: 16 Servings

Preparation time: 1 hour, 15 minutes

Bread

- 1 1/2 cups milk
- 1 package active dry yeast or 1 cake yeast
- 3/4 cup white sugar
- 6-1/4 cups sifted all-purpose white flour
- 1/2 cup (1 stick) butter or margarine,
at room temperature
- 2 egg yolks and 1 whole egg
- 1 teaspoon ground cardamom
- 1/4 teaspoon salt

Topping:

- 2 tablespoons milk
- 6 tablespoons white sugar

1. In a large mixing bowl, dissolve yeast in warm milk. Add 4 cups flour, sugar, cardamom, salt and butter. Add 2 egg yolks and 1 whole egg. Mix until the dough is thick and smooth. Add enough flour to make a soft dough. Knead until smooth. Place on a greased board and let rise until double.

2. Divide dough in half and let rise for 15 minutes. Roll each half into a 16x12 inch rectangle. Sprinkle 3 cups sugar over each rectangle. Sprinkle with ground cardamom. Cut each rectangle into 16 squares. Place on a baking sheet.

3. Place squares on a baking sheet about 4 inches apart. Sprinkle with 1/2 cup sugar before baking. Bake at 350° for 15-20 minutes. Sprinkle with 1/2 cup sugar after baking for 5-10 minutes, until golden brown.

Apple-Ginger Quick Bread

Yield: 6 mini bundt cakes

CHOCOLATE CHIP COOKIES (PAGE 10)

- 2 cups whole-wheat pastry flour or all-purpose white flour
- 2 teaspoons baking powder
- 1 teaspoon ground ginger
- 1 teaspoon salt
- 3 large eggs, beaten
- 1/2 cup brown sugar
- 1/2 cup vegetable oil
- 3 medium-size tart apples, peeled and cut into 1/2-inch cubes
- 1/2 cup raisins and/or 1/2 cup unsalted mixed nuts (optional)

6 mini bundt pans

- Preheat oven to 350° F.
- In a large bowl, mix flour, baking powder, ginger, salt, eggs, brown sugar, oil, apples, raisins and nuts (if using).
- Batter will be thick; spoon into six 1/2-cup capacity mini bundt pans.
- Bake for 20 minutes, or until a toothpick inserted into the center of a cake comes out clean.

The Best Fruit Muffins

1 hour 45 minutes

- | | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 | 37 | 38 | 39 | 40 | 41 | 42 | 43 | 44 | 45 | 46 | 47 | 48 | 49 | 50 | 51 | 52 | 53 | 54 | 55 | 56 | 57 | 58 | 59 | 60 | 61 | 62 | 63 | 64 | 65 | 66 | 67 | 68 | 69 | 70 | 71 | 72 | 73 | 74 | 75 | 76 | 77 | 78 | 79 | 80 | 81 | 82 | 83 | 84 | 85 | 86 | 87 | 88 | 89 | 90 | 91 | 92 | 93 | 94 | 95 | 96 | 97 | 98 | 99 | 100 | 101 | 102 | 103 | 104 | 105 | 106 | 107 | 108 | 109 | 110 | 111 | 112 | 113 | 114 | 115 | 116 | 117 | 118 | 119 | 120 | 121 | 122 | 123 | 124 | 125 | 126 | 127 | 128 | 129 | 130 | 131 | 132 | 133 | 134 | 135 | 136 | 137 | 138 | 139 | 140 | 141 | 142 | 143 | 144 | 145 | 146 | 147 | 148 | 149 | 150 | 151 | 152 | 153 | 154 | 155 | 156 | 157 | 158 | 159 | 160 | 161 | 162 | 163 | 164 | 165 | 166 | 167 | 168 | 169 | 170 | 171 | 172 | 173 | 174 | 175 | 176 | 177 | 178 | 179 | 180 | 181 | 182 | 183 | 184 | 185 | 186 | 187 | 188 | 189 | 190 | 191 | 192 | 193 | 194 | 195 | 196 | 197 | 198 | 199 | 200 | 201 | 202 | 203 | 204 | 205 | 206 | 207 | 208 | 209 | 210 | 211 | 212 | 213 | 214 | 215 | 216 | 217 | 218 | 219 | 220 | 221 | 222 | 223 | 224 | 225 | 226 | 227 | 228 | 229 | 230 | 231 | 232 | 233 | 234 | 235 | 236 | 237 | 238 | 239 | 240 | 241 | 242 | 243 | 244 | 245 | 246 | 247 | 248 | 249 | 250 | 251 | 252 | 253 | 254 | 255 | 256 | 257 | 258 | 259 | 260 | 261 | 262 | 263 | 264 | 265 | 266 | 267 | 268 | 269 | 270 | 271 | 272 | 273 | 274 | 275 | 276 | 277 | 278 | 279 | 280 | 281 | 282 | 283 | 284 | 285 | 286 | 287 | 288 | 289 | 290 | 291 | 292 | 293 | 294 | 295 | 296 | 297 | 298 | 299 | 300 | 301 | 302 | 303 | 304 | 305 | 306 | 307 | 308 | 309 | 310 | 311 | 312 | 313 | 314 | 315 | 316 | 317 | 318 | 319 | 320 | 321 | 322 | 323 | 324 | 325 | 326 | 327 | 328 | 329 | 330 | 331 | 332 | 333 | 334 | 335 | 336 | 337 | 338 | 339 | 340 | 341 | 342 | 343 | 344 | 345 | 346 | 347 | 348 | 349 | 350 | 351 | 352 | 353 | 354 | 355 | 356 | 357 | 358 | 359 | 360 | 361 | 362 | 363 | 364 | 365 | 366 | 367 | 368 | 369 | 370 | 371 | 372 | 373 | 374 | 375 | 376 | 377 | 378 | 379 | 380 | 381 | 382 | 383 | 384 | 385 | 386 | 387 | 388 | 389 | 390 | 391 | 392 | 393 | 394 | 395 | 396 | 397 | 398 | 399 | 400 | 401 | 402 | 403 | 404 | 405 | 406 | 407 | 408 | 409 | 410 | 411 | 412 | 413 | 414 | 415 | 416 | 417 | 418 | 419 | 420 | 421 | 422 | 423 | 424 | 425 | 426 | 427 | 428 | 429 | 430 | 431 | 432 | 433 | 434 | 435 | 436 | 437 | 438 | 439 | 440 | 441 | 442 | 443 | 444 | 445 | 446 | 447 | 448 | 449 | 450 | 451 | 452 | 453 | 454 | 455 | 456 | 457 | 458 | 459 | 460 | 461 | 462 | 463 | 464 | 465 | 466 | 467 | 468 | 469 | 470 | 471 | 472 | 473 | 474 | 475 | 476 | 477 | 478 | 479 | 480 | 481 | 482 | 483 | 484 | 485 | 486 | 487 | 488 | 489 | 490 | 491 | 492 | 493 | 494 | 495 | 496 | 497 | 498 | 499 | 500 | 501 | 502 | 503 | 504 | 505 | 506 | 507 | 508 | 509 | 510 | 511 | 512 | 513 | 514 | 515 | 516 | 517 | 518 | 519 | 520 | 521 | 522 | 523 | 524 | 525 | 526 | 527 | 528 | 529 | 530 | 531 | 532 | 533 | 534 | 535 | 536 | 537 | 538 | 539 | 540 | 541 | 542 | 543 | 544 | 545 | 546 | 547 | 548 | 549 | 550 | 551 | 552 | 553 | 554 | 555 | 556 | 557 | 558 | 559 | 560 | 561 | 562 | 563 | 564 | 565 | 566 | 567 | 568 | 569 | 570 | 571 | 572 | 573 | 574 | 575 | 576 | 577 | 578 | 579 | 580 | 581 | 582 | 583 | 584 | 585 | 586 | 587 | 588 | 589 | 590 | 591 | 592 | 593 | 594 | 595 | 596 | 597 | 598 | 599 | 600 | 601 | 602 | 603 | 604 | 605 | 606 | 607 | 608 | 609 | 610 | 611 | 612 | 613 | 614 | 615 | 616 | 617 | 618 | 619 | 620 | 621 | 622 | 623 | 624 | 625 | 626 | 627 | 628 | 629 | 630 | 631 | 632 | 633 | 634 | 635 | 636 | 637 | 638 | 639 | 640 | 641 | 642 | 643 | 644 | 645 | 646 | 647 | 648 | 649 | 650 | 651 | 652 | 653 | 654 | 655 | 656 | 657 | 658 | 659 | 660 | 661 | 662 | 663 | 664 | 665 | 666 | 667 | 668 | 669 | 670 | 671 | 672 | 673 | 674 | 675 | 676 | 677 | 678 | 679 | 680 | 681 | 682 | 683 | 684 | 685 | 686 | 687 | 688 | 689 | 690 | 691 | 692 | 693 | 694 | 695 | 696 | 697 | 698 | 699 | 700 | 701 | 702 | 703 | 704 | 705 | 706 | 707 | 708 | 709 | 710 | 711 | 712 | 713 | 714 | 715 | 716 | 717 | 718 | 719 | 720 | 721 | 722 | 723 | 724 | 725 | 726 | 727 | 728 | 729 | 730 | 731 | 732 | 733 | 734 | 735 | 736 | 737 | 738 | 739 | 740 | 741 | 742 | 743 | 744 | 745 | 746 | 747 | 748 | 749 | 750 | 751 | 752 | 753 | 754 | 755 | 756 | 757 | 758 | 759 | 760 | 761 | 762 | 763 | 764 | 765 | 766 | 767 | 768 | 769 | 770 | 771 | 772 | 773 | 774 | 775 | 776 | 777 | 778 | 779 | 770 | 771 | 772 | 773 | 774 | 775 | 776 | 777 | 778 | 779 | 780 | 781 | 782 | 783 | 784 | 785 | 786 | 787 | 788 | 789 | 790 | 791 | 792 | 793 | 794 | 795 | 796 | 797 | 798 | 799 | 800 | 801 | 802 | 803 | 804 | 805 | 806 | 807 | 808 | 809 | 8010 | 8011 | 8012 | 8013 | 8014 | 8015 | 8016 | 8017 | 8018 | 8019 | 8020 | 8021 | 8022 | 8023 | 8024 | 8025 | 8026 | 8027 | 8028 | 8029 | 8030 | 8031 | 8032 | 8033 | 8034 | 8035 | 8036 | 8037 | 8038 | 8039 | 8040 | 8041 | 8042 | 8043 | 8044 | 8045 | 8046 | 8047 | 8048 | 8049 | 8050 | 8051 | 8052 | 8053 | 8054 | 8055 | 8056 | 8057 | 8058 | 8059 | 8060 | 8061 | 8062 | 8063 | 8064 | 8065 | 8066 | 8067 | 8068 | 8069 | 8070 | 8071 | 8072 | 8073 | 8074 | 8075 | 8076 | 8077 | 8078 | 8079 | 8080 | 8081 | 8082 | 8083 | 8084 | 8085 | 8086 | 8087 | 8088 | 8089 | 8090 | 8091 | 8092 | 8093 | 8094 | 8095 | 8096 | 8097 | 8098 | 8099 | 80100 | 80101 | 80102 | 80103 | 80104 | 80105 | 80106 | 80107 | 80108 | 80109 | 80110 | 80111 | 80112 | 80113 | 80114 | 80115 | 80116 | 80117 | 80118 | 80119 | 80120 | 80121 | 80122 | 80123 | 80124 | 80125 | 80126 | 80127 | 80128 | 80129 | 80130 | 80131 | 80132 | 80133 | 80134 | 80135 | 80136 | 80137 | 80138 | 80139 | 80140 | 80141 | 80142 | 80143 | 80144 | 80145 | 80146 | 80147 | 80148 | 80149 | 80150 | 80151 | 80152 | 80153 | 80154 | 80155 | 80156 | 80157 | 80158 | 80159 | 80160 | 80161 | 80162 | 80163 | 80164 | 80165 | 80166 | 80167 | 80168 | 80169 | 80170 | 80171 | 80172 | 80173 | 80174 | 80175 | 80176 | 80177 | 80178 | 80179 | 80180 | 80181 | 80182 | 80183 | 80184 | 80185 | 80186 | 80187 | 80188 | 80189 | 80190 | 80191 | 80192 | 80193 | 80194 | 80195 | 80196 | 80197 | 80198 | 80199 | 80200 | 80201 | 80202 | 80203 | 80204 | 80205 | 80206 | 80207 | 80208 | 80209 | 80210 | 80211 | 80212 | 80213 | 80214 | 80215 | 80216 | 80217 | 80218 | 80219 | 80220 | 80221 | 80222 | 80223 | 80224 | 80225 | 80226 | 80227 | 80228 | 80229 | 80230 | 80231 | 80232 | 80233 | 80234 | 80235 | 80236 | 80237 | 80238 | 80239 | 80240 | 80241 | 80242 | 80243 | 80244 | 80245 | 80246 | 80247 | 80248 | 80249 | 80250 | 80251 | 80252 | 80253 | 80254 | 80255 | 80256 | 80257 | 80258 | 80259 | 80260 | 80261 | 80262 | 80263 | 80264 | 80265 | 80266 | 80267 | 80268 | 80269 | 80270 | 80271 | 80272 | 80273 | 80274 | 80275 | 80276 | 80277 | 80278 | 80279 | 80280 | 80281 | 80282 | 80283 | 80284 | 80285 | 80286 | 80287 | 80288 | 80289 | 80290 | 80291 | 80292 | 80293 | 80294 | 80295 | 80296 | 80297 | 80298 | 80299 | 80300 | 80301 | 80302 | 80303 | 80304 | 80305 | 80306 | 80307 | 80308 | 80309 | 80310 | 80311 | 80312 | 80313 | 80314 | 80315 | 80316 | 80317 | 80318 | 80319 | 80320 | 80321 | 80322 | 80323 | 80324 | 80325 | 80326 | 80327 | 80328 | 80329 | 80330 | 80331 | 80332 | 80333 | 80334 | 80335 | 80336 | 80337 | 80338 | 80339 | 80340 | 80341 | 80342 | 80343 | 80344 | 80345 | 80346 | 80347 | 80348 | 80349 | 80350 | 80351 | 80352 | 80353 | 80354 | 80355 | 80356 | 80357 | 80358 | 80359 | 80360 | 80361 | 80362 | 80363 | 80364 | 80365 | 80366 | 80367 | 80368 | 80369 | 80370 | 80371 | 80372 | 80373 | 80374 | 80375 | 80376 | 80377 | 80378 | 80379 | 80380 | 80381 | 80382 | 80383 | 80384 | 80385 | 80386 | 80387 | 80388 | 80389 | 80390 | 80391 | 80392 | 80393 | 80394 | 80395 | 80396 | 80397 | 80398 | 80399 | 80400 | 80401 | 80402 | 80403 | 80404 | 80405 | 80406 | 80407 | 80408 | 80409 | 80410 | 80411 | 80412 | 80413 | 80414 | 80415 | 80416 | 80417 | 80418 | 80419 | 80420 | 80421 | 80422 | 80423 | 80424 | 80425 | 80426 | 80427 | 80428 | 80429 | 80430 | 80431 | 80432 | 80433 | 80434 | 80435 | 80436 | 80437 | 80438 | 80439 | 80440 | 80441 | 80442 | 80443 | 80444 | 80445 | 80446 | 80447 | 80448 | 80449 | 80450 | 80451 | 80452 | 80453 | 80454 | 80455 | 80456 | 80457 | 80458 | 80459 | 80460 | 80461 | 80462 | 80463 | 80464 | 80465 | 80466 | 80467 | 80468 | 80469 | 80470 | 80471 | 80472 | 80473 | 80474 | 80475 | 80476 | 80477 | 80478 | 80479 | 80480 | 80481 | 80482 | 80483 | 80484 | 80485 | 80486 | 80487 | 80488 | 80489 | 80490 | 80491 | 80492 | 80493 | 80494 | 80495 | 80496 | 80497 | 80498 | 80499 | 80500 | 80501 | 80502 | 80503 | 80504 | 80505 | 80506 | 80507 | 80508 | 80509 | 80510 | 80511 | 80512 | 80513 | 80514 | 80515 | 80516 | 80517 | 80518 | 80519 | 80520 | 80521 | 80522 | 80523 | 80524 | 80525 | 80526 | 80527 | 80528 | 80529 | 80530 | 80531 | 80532 | 80533 | 80534 | 80535 | 80536 | 80537 | 80538 | 80539 | 80540 | 80541 | 80542 | 80543 | 80544 | 80545 | 80546 | 80547 | 80548 | 80549 | 80550 | 80551 | 80552 | 80553 | 80554 | 80555 | 80556 | 80557 | 80558 | 80559 | 80560 | 80561 | 80562 | 80563 | 80564 | 80565 | 80566 | 80567 | 80568 | 80569 | 80570 | 80571 | 80572 | 80573 | 80574 | 80575 | 80576 | 80577 | 80578 | 80579 | 80580 | 80581 | 80582 | 80583 | 80584 | 80585 | 80586 | 80587 | 80588 | 80589 | 80590 | 80591 | 80592 | 80593 | 80594 | 80595 | 80596 | 80597 | 80598 | 80599 | 80600 | 80601 | 80602 |
|--|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
|--|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|

Journal of Clinical Anesthesia 1999; 13: 101-106

**I Teaspoon salt
1 Teaspoon ground cinnamon
1 cup chopped pecans**

1

Maple Syrup-Bran Muffins

卷之三

1 egg
1/2 cup sour cream
1/2 cup maple syrup
3 1/4 cup all-purpose white flour
1 teaspoon baking soda
1 1/4 cups bran flakes
1/4 cup raisins
1/4 cup chopped pecans

白山市

卷之三

Recipes to Feed a Crowd

Gnoddle Cakes

Yield: 65 servings

A summary of the results of the first year of the study is presented in this paper.

20 cups sifted all-purpose white flour

3 cups white wine

6 tablespoons plus 2 teaspoons baking soda

20 670

5 quarts buttermilk (or sour milk)

¹ 1/4 cups (2 1/2 sticks) butter or margarine, melted

to blend the two cultures. The first step is to identify the commonalities between the two cultures, such as shared values and beliefs, and to build upon these similarities. This can involve creating a shared language or set of symbols that both groups can understand and use. It can also involve finding ways to respect and value the unique aspects of each culture, while still acknowledging their shared humanity.

Janie's Bridesmaid Salad

אדרת הארץ וארון הקודש

**2 packages (10 ounces each) frozen strawberries
1 can (14 ounces) sweetened condensed milk
1 container (8 ounces) Cool Whip
1 can (20 ounces) crushed pineapple, with juice
3 1/2 cups (half of a 10-ounce bag) miniature marshmallows, colored variety if available
1/2 cup chopped nuts (optional)**

	1/2 cup	1 cup	2 cups	3 cups	4 cups	5 cups	6 cups	7 cups	8 cups	9 cups	10 cups	11 cups	12 cups	13 cups	14 cups
Flour	1/2 cup	1 cup	2 cups	3 cups	4 cups	5 cups	6 cups	7 cups	8 cups	9 cups	10 cups	11 cups	12 cups	13 cups	14 cups

Freeze until solid.

	1/2 cup	1 cup	2 cups	3 cups	4 cups	5 cups	6 cups	7 cups	8 cups	9 cups	10 cups	11 cups	12 cups	13 cups	14 cups
the nuts, if desired															

Cole Slaw

Yield: 7½ cups

1/2 cup mayonnaise, 1/2 cup sugar

1/2 cup	1 cup	2 cups	3 cups	4 cups	5 cups	6 cups	7 cups	8 cups	9 cups	10 cups	11 cups	12 cups	13 cups	14 cups
cup cabbage per portion														
4 cups mayonnaise	1/4 teaspoon pepper													
1 cup sugar	1½ teaspoons prepared mustard													
1 cup vinegar	2 tablespoons celery seed													
6 teaspoons salt	1½ cups shredded cabbage													

Corn Chowder

Yield: 4½ cups

1/2 cup	1 cup	2 cups	3 cups	4 cups	5 cups	6 cups	7 cups	8 cups	9 cups	10 cups	11 cups	12 cups	13 cups	14 cups

- 1/2 pound salt pork, cut into 1/4" dice
- 1 pound onions, chopped fine
- 5 pounds potatoes, peeled and diced
- 4 to 5 quarts water (to cover potatoes)
- 2 gallons milk
- 8 1-pound cans cream-style corn
- salt to taste
- 2 teaspoons pepper
- butter

1/2 cup	1 cup	2 cups	3 cups	4 cups	5 cups	6 cups	7 cups	8 cups	9 cups	10 cups	11 cups	12 cups	13 cups	14 cups

1/2 cup	1 cup	2 cups	3 cups	4 cups	5 cups	6 cups	7 cups	8 cups	9 cups	10 cups	11 cups	12 cups	13 cups	14 cups

1/2 cup	1 cup	2 cups	3 cups	4 cups	5 cups	6 cups	7 cups	8 cups	9 cups	10 cups	11 cups	12 cups	13 cups	14 cups

1/2 cup	1 cup	2 cups	3 cups	4 cups	5 cups	6 cups	7 cups	8 cups	9 cups	10 cups	11 cups	12 cups	13 cups	14 cups

Boil onions, salt pork, potatoes, and water until tender.

Mash potatoes with a masher or food chopper.

Add corn, pepper, and butter at serving time.

Strut Bread Pudding

2 loaves raisin bread
2 cans (2 ounces each) evaporated milk
3 cups whole milk
5 eggs
3 ripe bananas, mashed
1 teaspoon ground cinnamon
1 teaspoon ground nutmeg
1 tablespoon vanilla extract
1 jar (6 ounces) pineapple jam or substitute another fruit jam

Preheat cooking spray

Cheese Strata

Yield: 12 servings. Carb: 104 kcal/portion. Net Carbs: 26

48 slices day-old bread, trimmed of all crusts
2 pounds cheddar cheese, thinly sliced
16 eggs
10 cups milk
2 teaspoons prepared mustard
4 tablespoons minced onion
4 teaspoons salt
1/2 teaspoon pepper

Quick Chocolate Cake

Yield: Makes about 100 servings

PATRICK A. JORDAN, LADY ANN SKIFF, CHURCH COMMUNIONAL CHURCH,
GILHAM, NEW HAMPSHIRE

A very fudgy and moist cake. Serve with frosting, whipped cream, or ice cream.

- 4 cups water**
- 1-1/2 cups vegetable oil**
- 1/4 cup vinegar**
- 1-1/2 tablespoons vanilla extract**
- 7 cups all-purpose white flour**
- 3/4 cup unsweetened cocoa powder**
- 4 cups white sugar**
- 1-1/2 tablespoons baking soda**
- 2 tablespoons baking powder**
- 1-1/2 teaspoons salt**

Preheat the oven to 350°F. Grease an 18-inch by 26-inch sheet pan.

In a large bowl, combine the water, oil, vinegar, and vanilla. Mix well. In a separate bowl, whisk together the flour, cocoa, sugar, soda, baking powder, and salt. Add the dry ingredients to the wet and mix until smooth. Pour onto the prepared pan.

Bake for approximately 45 minutes or until a wooden inserted probe in the center comes out clean. Cool in the pan.

Melba Ice Cream Sauce

Yield: 20 servings

MARYQUINN R. CLARKSON, WOMEN OF THE MOON (LITTLE OAKS OF MOON),
Kennebunk, Maine

Served over ice cream or vanilla pudding, this wonderful combination of peach and raspberry is a good way to make a simple dessert really special.

- 1 jar (10 ounces) peach preserves**
- 1/2 cup raspberry preserves**
- 1/2 cup currant jelly**
- 1/4 cup lemon juice**

Combine all the ingredients in a medium-size saucepan. Heat until melted. Stir to blend. Cool.

Helpful Tips

for Putting on a Successful, Traditional New England Church Supper

Choosing a Date

Select your date carefully—check to make sure there are no conflicts, like school vacation or sports events, that will compete for attendance, and then get it on the town calendar early to discourage liability completely from upstaging you.

Menu

Choose traditional recipes to minimize last minute preparations. Keep it simple...a simple dish prepared well goes over better than an elaborate dish that's hard to prepare and few will appreciate.

Timeline

Start early, months ahead, and create a timeline of activities that are essential to your success. Set date, book venue, publicity, tickets—printing and advance sales, select and schedule entertainment or speaker, if any, menu, shopping, volunteers, organizing committee, promotional signs, meal preparation, door ticket sales, table setting, table decorations.

Committee

Choose your committee wisely. Make sure to include one or two who were closely involved in previous years and one or two new faces who can learn the ropes and carry the tradition forward. Delegate committee tasks so no one person is overwhelmed by the undertaking. Chair, ticket sales—advance and on-site, promotion, cooks (chef and prep), shopping, table setting, clean up, table decorations, food runners, entertainment, flower (at the dinner, in charge of keeping an eye out and make sure things run smoothly, filling in as needed).

Amounts to Serve One Hundred

From the Library, New Haven, CONNECTICUT, purchased in 1900
Courtesy of Louise T. MacVean

Soup	5 gallons
Chowder	8 gallons
Oysters (to be scalloped)	12 quarts
Fish	40-50 pounds
Meat for loaf or stew	20 pounds
Roast beef	40 pounds
Roast lamb	50 pounds
Baked ham	3 12-pound hams
Chicken	50 pounds
Chicken salad	15-20 pounds
Potato salad	24 quarts
Vegetable salad	20 quarts
Fruit salad	36 quarts
Mayonnaise	2 quarts
Beets	20 quarts
Cabbage (stew)	12 pounds
Celery	11 bunches
Lettuce	12 heads
Ice cream	16-20 quarts
Coffee	2-1/2 pounds, 5 gallons water
Whipping cream	1 quart cream not whipped makes 2 quarts of whipped
Rolls	18 dozen
Butter	4 pounds
Layer cakes	12
Pies	18

